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## User profiles get facelift from Facebook

**NETWORKING** Facebook is revamping users' profiles to emphasize the pages for bands, books and businesses that millions have become fans of on the world's largest online social network.

Currently, users can list their activities, interests, favourite music and TV shows as part of their profiles. But links to Facebook "pages" for wine, your local library or the Toronto Maple Leafs would appear in a separate section lower down.

Facebook will start prompting users to essentially combine the two.

Facebook is also adding some privacy controls so users' friends can't see the list of other friends they have.

THE CANADIAN PRESS

Sports pg 21

## Colangelo Raps about season

Food pg 34

## Fresh blend of seafood stew

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MM WILKES/JOSHUA NEWTON/SUN PACIFIC

French children stay occupied with video games yesterday at Pearson International Airport while their parents try to figure out a way home. Dozens of other French nationals have been stranded in Toronto after flights to Europe were cancelled because of dangerous ash from an Icelandic volcano. More coverage, page 12.

# Tempers erupt

## Volcanic ash delays frustrate Pearson passengers

**Senior diplomats from France and Belgium arrived at Pearson International Airport yesterday to try to calm down about 70 angry and frustrated passengers stranded there.**

Some, stuck in Toronto for five days, were threatening to block Air Canada's counters and not let any of the airline's passengers on any flights.

"It's an explosive situation," Christelle Abassi said of the exasperation felt by many passengers grounded by a volcanic ash cloud that has forced airlines to cancel flights to Europe.

"People are so frustrated that I'm afraid tomorrow there's going to be strikes here. They're going to have people waiting in front of Air Canada and not allowing anybody to go," said the 24-year-old from Benin, West Africa.

However, there were signs the situation might ease as European Union transport ministers decided to reopen parts of European airspace to flights.

Abassi has been stuck in Toronto since Thursday, sleeping in the airport the first night, and complains that Jet Air has done little to help.

"We asked (them) to give us blankets and something to be more comfortable and they didn't do anything. Really, it has been so frustrating," she said.

Jet Air would not pay for hotel rooms until Sunday night, said Abassi. Yesterday, she said, the airline was refusing to provide any food.

About 50 French Air Canada ticket-holders held a meeting in front of the airline's counters yesterday morning.

Air Canada passenger Nicole Stoltz was at the airport with her husband and two children, trying to get a flight back to Frankfurt.

"We are really, really disappointed because there was no assistance, really, nothing. On Thursday evening when we came here we had to cry to have a room for one night."

THE CANADIAN PRESS

### Lost revenue

- Canada's air travel industry is losing up to $4 million per day on flights grounded by volcanic ash clouds in one of the world's busiest flight corridors, airline analysts estimate. Airline analyst Robert Kokonis estimated that after five days of disruptions, Canada's air travel industry has lost nearly $20 million in revenue from would-be passengers. The International Air Transport Association said the shutdown is costing about $200 million per day, but Kokonis said the impact is more widespread.

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# Local

## Man facing bawdy house charges

**Hon Sing Tsui, 29 of Markham — also known as Joe Doa — is facing numerous charges relating to prostitution, including operating a bawdy house and sexual exploitation. York Regional Police say they began investigating into allegations that a bawdy house was operating in the Warden Avenue and Highway 7 area. Police say an investigation revealed on several dates a 14-year-old victim performed sexual acts at this location for money.** THE CANADIAN PRESS

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## Tomorrow's Metro

**West View**
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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WHAT'S ONLINE TODAY

**Video** How do chiropractors treat infants? Very gently, it turns out. See more at **metronews.ca/canada**

**Immigration** Guidy Mamann on the perils of determining 'genuine' relationships at **metronews.ca/immigration**

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# Heart risks vary by ethnicity: Study

**Pauline Wijeyesekera's father died of a heart attack at age 51. The Markham woman's mother, husband and younger son are all diabetic.**

Her family's medical history and her own high blood pressure put the Sri Lankan immigrant at a major risk for heart attack and stroke.

These predispositions for heart disease are not atypical for people of South Asian descent, according to a new study published yesterday in the Canadian Medical Association Journal, which found four major ethnic groups living in Ontario have significantly different cardiovascular risks.

The study by the Toronto-based Institute for Clinical Evaluative Sciences shows the Chinese community has the best "cardiovascular risk factor profile" with only 4.3 per cent reporting two or more major cardiovascular risk factors such as smoking, obesity, diabetes and hypertension.

DAVID COOPER/TORSTAR NEWS SERVICE

Dr. Marco Di Buono, research director at Heart and Stroke Foundation, with patient Pauline Wijeyesekera, a Sri Lankan with hypertension.

They were followed by South Asians at 7.9 per cent, whites at 10.1 per cent and blacks with 11.1 per cent reporting two or more of the cardiovascular risk factors.

With visible minorities expected to form a third of Canada's population by 2031, the researchers say policy-makers need to tailor heart disease prevention strategies for specific ethnic groups.

This is the first health study that compared the distribution of cardiovascular risk factors and associated heart disease and stroke prevalence across four major racial-ethnic groups who live in the same geographic area with a similar living environment and access to health care. The results are considered statistically significant. TORSTAR NEWS SERVICE

### Sample studied

- Researchers compared data in Ontario from 154,653 Caucasians, 3,038 Chinese, 3,364 South Asians and 2,742 blacks who participated in Statistics Canada's cross-sectional national population health survey between 1996 and 2007.

## Three face charges after fight outside Sikh temple

**BRAMPTON** A clash between two opposing groups outside a Sikh temple in Brampton on Sunday afternoon has resulted in three people facing a slew of charges.

The fight broke out at the Guru Nanak Sikh Centre, but officers were already at the temple to keep order because of an ongoing internal dispute.

Around 3:30 p.m., a scuffle broke out between several groups and weapons were used, but police managed to stop the fight.

Police say four men were taken to hospital with non-life-threatening injuries. THE CANADIAN PRESS

### Charges laid

- Harvinder Pal Khaliwal, 41, of Brampton has been charged with assault.
- Satwant Deol, 25, and Tehal Shergill, 60, both of Brampton, have been charged with possession of a weapon for dangerous purpose and assault with a weapon. Shergill has also been charged with assault causing bodily harm.

## Organ donations save 17% more lives

**HEALTH** Ontario's organ donation agency says a record number of lives were saved through donations in 2009, but more donors are urgently needed.

The Trillium Gift of Life Network says nearly 700 lives were saved last year — a 17 per cent rise — because of a record number of donors. It says the number of deaths among people on the waiting list decreased by nearly 24 per cent in 2009. In addition, says the agency, there were 218 deceased organ donors during the year and 1,299 tissue donors. THE CANADIAN PRESS

**1,600** The agency says more donors are needed because there are about 1,600 people in Ontario waiting for a life-saving transplant.

## News in brief

**SHOOTING** A man who shot his friend outside a Parkdale bar says he was carrying a gun because he didn't want to get murdered as his sister had been eight years before. "Ever since my sister was murdered, I always had a fear of being murdered," Thomas Doucette testified yesterday. He said he and his sister Cheri were close and she protected him from bullies until she and a girlfriend were slashed to death in 1998 when she was 15 and he was 12. Doucette, 24, has pleaded not guilty to first-degree murder, but admits to firing his 32-calibre Beretta handgun at Jesse Batisse outside Tasty's bar on King Street West near Dufferin Street on Christmas Eve 2006. THE CANADIAN PRESS

**Man shot, killed after car chase**

A man shot and killed following a police chase yesterday in an industrial area near Toronto's waterfront has been identified. Wieslaw Duda, 50, of Mississauga, died after he clipped one officer with his car while trying to escape police near Lake Ontario. THE CANADIAN PRESS

## Bieber **Early arrival**

TODD GILLIS/FOR METRO TORONTO

Justin Bieber arrived in Toronto at around 4:30 a.m. yesterday from St. John's, N.L., where he performed at the Juno Awards, upon learning of the rumoured arrival of volcanic ash clouds that could have left him stranded on the island for days.

# Practice of hiring retired teachers won't be retired

**Ontario's governing Liberals are looking into rules that allow retired teachers to pad their pensions with supply-teaching work, but the government won't clamp down on the practice, Education Minister Leona Dombrowsky said yesterday.**

**"We don't tell boards who to choose. What we do say is that we expect that they look for the best person."**
Leona Dombrowsky, education minister

"We don't tell boards who to choose," she said. "What we do say is that we expect that they look for the best person in a particular situation."

Dombrowsky was reacting to a report that Ontario's cash-strapped school boards squandered $16.7 million in the last academic year by giving retirees supply work rather than hiring new teachers.

The minister said she's talking with the Ontario Teachers' Federation about the current rules, which allow teachers to work up to 95 days in the first three working years after retirement without it affecting their pensions, and up to 20 days every year thereafter.

Before 1990, they could only work up to 20 days before their pensions were affected, but the rules were changed to address a teacher shortage.

Dombrowsky wouldn't commit to reverting back to the old rules, even though there's no longer a shortage.

Her priority is to have the most qualified teacher at the front of the classroom, not necessarily the person who comes at the lowest cost, she said.

While she still has faith in school boards and administrators to make those decisions, new teachers need experience and the boards must "strike a balance" in deciding who's the best person for the job, she added.

NDP Leader Andrea Horwath said the rules should be reviewed, given the amount of money school boards are spending on retired teachers.

"I think there needs to be a balance between the value that experienced teachers bring, as well as the need to make sure that newer teachers get some experience as well," she said.

Reno Melatti, president of the Ontario Teachers' Federation, confirmed the issue is being looked at.

"As part of our regular review of the rules of the plan, the partners — the Ontario Teachers' Federation and the government of Ontario — have been looking at the rules around retirees working ... while on pension," Melatti said in an email. THE CANADIAN PRESS

## **News** in brief

**OSHAWA** About 70 former employees of Automodular Corp. will be hired by Inteva Products, the Michigan-based company that recently won a contract to supply parts and services for the Camaro muscle car built by GM in Oshawa, Ont., according to the Canadian Auto Workers union. THE CANADIAN PRESS

# Wind farm's foes frustrated again

**ENERGY** Opponents of a proposed wind farm off the Scarborough Bluffs huffed and puffed at city councillors yesterday but failed to get even a symbolic call for a halt to the politically-charged project.

The executive committee of council heard more than three hours of deputations, mostly from Guildwood residents vehemently opposed to a Toronto Hydro proposal to install about 60 turbines in an offshore ribbon from roughly the Leslie Street Spit east to Ajax.

One after another, they beseeched the 12-member committee to pass along to full council a motion by Scarborough Councillors Paul Ainslie and Brian Ashton to ask the Ontario government for a moratorium on wind-power development in Ontario.

Energy Minister Brad Duguid has said such a motion would have no impact on the province's drive to boost green energy production.

But the wind farm opponents, thwarted so far at every turn, gave it everything they had.

John Laforet, president of Wind Concerns Ontario and a challenger in the city election for Ainslie's council seat in Ward 43, Scarborough East, said that nowhere in the world are there so many turbines so close (two to three kilometres offshore) to a populated shoreline.

Nobody really knows the turbines' effect on human health, on fish habitat or on shore erosion, he said.

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**Man denies drugging couple, points finger at alleged victim**

A man who was said to have slipped a drug into the drinks of a couple, testified in a Brampton court yesterday that he did no such thing, and that the woman actually offered him a mysterious pill. A judge is hearing testimony in the case of David and Marcia Vant who are accused of drugging and sexually assaulting another couple. TORSTAR NEWS SERVICE

# Local charities lose status

## Illegal receipts issued: Agency

**The Canada Revenue Agency has revoked the charitable status of two Toronto-area health charities, which it says were scamming the tax collectors.**

The agency says Liberty Wellness Initiative and Destiny Health and Wellness Foundation issued receipts far exceeding the actual donations and contravened other key elements of the tax law.

It says Liberty Wellness issued nearly $89 million in receipts for health-care units received through the Universal Donation Program between 2004 and 2006, five times the value of actual donations.

The agency says Destiny Health and Wellness Foundation issued $42 million in receipts for cash received through the Universal Donation Program and Destiny Gifting Program between 2005 and 2006.

It says most of the Destiny funds were transferred to another registered charity as compensation for its role in the arrangement, to the tax-shelter promoters as fundraising fees and to a related investment company.

It says Destiny itself retained $840,000 of the total tax-receipted amount for its own use.

It alleges both groups operated for the "non-charitable purpose of promoting tax-shelter arrangements and for the private benefit of its directors and the tax-shelter promoters."

A spokeswoman for the Destiny Group of Companies declined comment yesterday. THE CANADIAN PRESS

### Income tax

- Once charitable status is revoked, a group can no longer issue receipts for income-tax purposes and loses its special status under the Income Tax Act.

## Scarborough **Family outing**

RENE JOHNSTON/TORSTAR NEWS SERVICE

A fox gives itself a scratch in the sun yesterday as three of its pups explore the outside of their den on Kingston Road near Glen Everest in Scarborough.

## **News** in brief

**TRIAL ORDERED** A man serving a prison sentence for a violent home invasion has been ordered to stand trial on unrelated charges that were thrown out due to a bail hearing delay. Davood Zarinchang was arrested in March 2007 following a dispute with his girlfriend and denied bail. A judge in York Region, north of Toronto, stayed nine criminal charges against him that fall after ruling his rights were violated because he spent 24 days in jail before getting a bail hearing. Today, the Ontario Court of Appeal set aside the lower court decision, ordered a new trial on domestic dispute charges. THE CANADIAN PRESS

# Queen's Quay ready for its makeover

**APPROVAL** The plan to redesign Queens Quay, the backbone of Toronto's waterfront revitalization plans, finally has the go-ahead.

The provincial government approved an environmental assessment yesterday for a pedestrian-friendly promenade. Construction of the first phase, an 800 metre section, should begin early next year.

The exact boundaries for the initial phase have not been determined, but they will be in the central waterfront around Harbourfront.

Traffic will disappear from the street's two south lanes, which will be transformed into a tree-lined linear park from Parliament Street west to Spadina Avenue. It will include a dedicated bicycle path to replace the bike lane now on the street's south side.

The TTC's transit lines will remain in the centre boulevard, and vehicular traffic will be reduced to two lanes on the north side. TORSTAR NEWS SERVICE

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**Ottawa cop charged with DUI**

An Ottawa police officer will appear in court next month to face charges of impaired driving. Police say shortly before 11:30 p.m. Sunday a man was stopped and arrested for driving while under the influence of alcohol. Police later identified the driver as off-duty officer Const. David Dubois of the Ottawa Police Service. THE CANADIAN PRESS

# Canada

## Jaffer to testify before committee

**Former MP Rahim Jaffer, left, is prepared to appear before a Commons committee tomorrow in an effort to clear the air around his environmental consulting business. His partner at Green Power Generation, Patrick Glemaud, says he and Jaffer are anxious to set the record straight on allegations of improper lobbying.**

THE CANADIAN PRESS

## Victim of cross burning has car torched

**NOVA SCOTIA** Michelle Lyon says the fear she felt when a cross was burned on the front lawn of her home in Nova Scotia returned on the weekend after her car was gutted by fire.

The cross burning in February outside the home Lyon shares with Shayne Howe in Poplar Grove led to hate-crime charges against two brothers.

After the incident, the interracial couple thought about moving from the small community, but they decided to remain after a groundswell of public support.

RCMP say they are investigating what happened to the car, which went up in flames while it was parked at a neighbouring property Saturday.

But a police spokeswoman could not say if there is any a link to the hate-crimes case.

THE CANADIAN PRESS

### Plea

- One of the two brothers charged in the cross burning pleaded not guilty yesterday to a hate crime and other charges. Justin Rehberg, 19, will go to trial Oct. 18 in provincial court in Windsor, N.S.

# Tories vow pardons reform

## Karla Homolka's looming eligibility frustrates Harper

**Prime Minister Stephen Harper drew mixed reviews yesterday for bemoaning the fact convicted killer Karla Homolka will be able to apply for a pardon later this year.**

The prime minister cited Homolka's looming pardon eligibility as one of a series of frustrations he has felt in the last few weeks about the weaknesses in Canada's justice system.

Harper said the news serial killer Clifford Olson is receiving government pension benefits in prison was compounded by revelations by The Canadian Press that hockey coach Graham James received a pardon for sexual-abuse convictions.

Homolka, who was convicted of manslaughter and served 12 years in prison in the sex-slaying of two girls, is also eligible to apply for a pardon through a system that grants "99 per cent" of applicants their wishes, Harper said.

"For many years, the vast majority of Canadians have found this deeply offensive. Now, they find it unacceptable," Harper told a victims' rights conference.

"Yet, for now, the law remains."

PAWEL DWULIT/THE CANADIAN PRESS

Prime Minister Stephen Harper gives a speech marking the opening ceremony of National Victims of Crime Awareness Week yesterday in Ottawa.

Karla Homolka

Harper has asked Public Safety Minister Vic Toews to table new legislation in the coming months that would tighten the pardon system.

"I think it is good that the prime minister has raised it," said Toronto lawyer Tim Danson, who represents the families of the slain teens, Kristen French and Leslie Mahaffy.

But as much as Homolka does not deserve to be pardoned, Danson said, that doesn't mean other offenders should be denied the right to have their criminal convictions sealed.

Some convicts deserve a second chance to apply for jobs without the stigma of a criminal conviction, he said. If they aren't allowed to become productive members of society, then they could be driven back to criminal behaviour.

Toews said yesterday he would move quickly to introduce new legislation to deal with problems in the pardoning of criminals. He said he was spurred by the revelation that James quietly received his pardon three years ago.

Toews said a new law is needed because he is not convinced regulatory changes would address what happened in the James case.

THE CANADIAN PRESS

## News in brief

**AFGHANISTAN** Canada's role will shift from the war room to the classroom after troops leave Afghanistan next year. A decade-long involvement in Afghanistan will last up to another 10 years as Canada oversees the training of Afghan teachers. The teacher-training contract is worth as much as $10 million over 10 years.

**RESIGNATION** The Governor General has accepted the resignation of an anti-abortion activist from the Order of Canada. Former police detective Frank Chauvin returned his medal in protest over the 2008 appointment of abortion-rights activist Dr. Henry Morgentaler to the order.

**WINNIPEG** A pair of Manitoba high school teachers whose enthusiasm at a pep rally morphed into a mock lap dance are now out of jobs. Jackie Sneesby, chairwoman of the Winnipeg School Division, said teacher Chrystie Fitchner's resignation was accepted yesterday while the short-term contract for Adeil Ahmed expired and would not be renewed.

THE CANADIAN PRESS

*G-G "lances Congo's biggest boil" in tough talk on systemic rape.*

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**Families spend more than 40 per cent of income on taxes: Fraser Institute**
The prominent think-tank that's often critical of government spending policies says its annual Canadian Consumer Tax Index calculated that taxes ate up 41.7 per cent of the average family's income in 2009. THE CANADIAN PRESS

## B.C. They're dam opposed to new project

JONATHAN HAYWARD/THE CANADIAN PRESS

Some residents of Hudson's Hope, B.C., are angry about the building of a new hydroelectric project called the Site C Clean Energy Project. Site C will use much of the same reservoir and will provide 900 megawatts of capacity and 4,600 gigawatt hours of electricity each year.

# Bootleggers beware

## Nunavut to crack down on illegal alcohol

**The Nunavut government is fed up with bootleggers making $10,000 in a single weekend and is moving to deal with the territory's crippling alcohol problem.**

An effort to reform the territory's liquor laws begins today, but Nunavut's justice minister is already talking about sky-high fines for bootleggers and legislation to allow the government to confiscate their homes, boats and snowmobiles.

"You've got bootleggers making $10,000 or $15,000 in a weekend, a small fine is insignificant to them," said Keith Peterson. "But if they're at risk of a $25,000 or $50,000 fine, or if you can lose all your assets from the proceeds of crime, that could make some of the bigger bootleggers think twice."

**"Most of the violence in Nunavut is because of alcohol."**
Keith Peterson, justice minister

Liquor is already tightly controlled in Nunavu, which has no liquor stores. In five communities anyone who wants a bottle of wine or a case of beer has to get a permit, order the alcohol in and pick it up at a government warehouse. In 13 other communities, "alcohol education committees" decide whether to grant a permit based on an order's size and the reputation of the person placing it.

And in seven communities, no liquor is allowed at all — at least officially.

Alcohol, however, is widely available. One Baffin Island community, supposedly dry, recently felt it necessary to pass a public intoxication bylaw.

"Most of the violence in Nunavut is because of alcohol," said Peterson.

"Iqaluit, it's no secret how violent it is. We all know people who have died from abuse of alcohol up here."

Although the liquor law review will encompass more than just bootlegging, targeting the sellers of illegal booze is a good place to start, Peterson said.

"With enough early feedback, we could start making some immediate changes to existing legislation — increase the fines for bootlegging, introduction of civil forfeiture legislation." THE CANADIAN PRESS

# Fix, don't scrap, gun registry: Ignatieff

**POLITICS** Michael Ignatieff has come up with a compromise he hopes will mollify critics of the long-gun registry and thwart a Tory attempt to scrap it.

Declaring it a matter of national unity, the Liberal leader announced yesterday that all his MPs will be required to vote against a Tory private member's bill aimed at eradicating the controversial registry.

But he's promising reluctant Grits that a Liberal government would reform the registry to make it more palatable to shotgun and rifle owners, particularly in rural and remote areas. Those changes would include the elimination of new licence fees, criminal law changes and a streamlined registration process. THE CANADIAN PRESS

## News in brief

**LABOUR** Human Resources Minister Diane Finley is in Washington this week for the first-ever G20 meeting of labour ministers, in the hopes of finding solutions to global unemployment. World leaders are concerned the global recovery won't take off unless huge unemployment problems are somehow resolved. THE CANADIAN PRESS

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## Comment

# Hurricane Helena not the big story

All the sound and fury over the Helena Guergis affair, which may turn out to signify nothing, or very little, has served to camouflage matters more serious.

The story to watch this week is not Hurricane Helena. It is a likely historic decision by House of Commons Speaker Peter Milliken on executive power versus parliamentary power.

In many cases, the Harper government has been able to stay out of trouble by shielding information from the public eye. There are indications that it might soon pay the price. Milliken will rule on the prime minister's bid to defy the will of Parliament in blocking the Commons' request for documents on the Afghan detainees affair.

The Conservatives have thus far only released heavily censored documents. They argue that to release them would jeopardize national security. It's a convenient rationale and has been used and likely abused countless times on countless issues.

If Milliken rules in favour of the rights of Parliament, it could lead to a devastating string of embarrassments for the government. Recent testimony from a number of sources suggests strongly that contrary to what the government has been saying, it knew prisoners taken by Canadian soldiers were turned over to Afghan authorities for torture. Chances are good the uncensored documents will prove this. That would mean the government would be caught red-handed in having repeatedly misled Parliament with its statements on the matter. It would mean it could be found to have violated the Geneva Conventions and potentially face charges of war crimes.

A related question of legalities is confronting the Harper team. Evidence is accruing to the effect that political operatives may have instructed civil servants to block the release of documents requested under the Access to Information Act. If such were the case, the actions would be a violation of the law. The last thing the government needs now are civil servants blowing the whistle on political manipulation of the access to information process.

These issues make the shenanigans of Helena Guergis and Rahim Jaffer pale in comparison. The explosive story in Ottawa is not that one.

It is secrecy and censorship practised by the government and whether developments in the weeks to come will blow the lid off what it has been doing.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

# A little music makes the world go round

For me, a chronic irritant about shopping at my local big-box hardware store is the tinny soft-rock music that's pumped out of parking lot speakers. It doesn't put me in a mood to buy so much as warn me about the frustration I'm going to face as I stumble around looking vainly for sales help.

But I understand why they do it. I might not like the offering, but thousands of my fellow shoppers will, and that's going to translate into bigger sales. Whether it's in retail space or the workplace, music has more than charms to soothe the savage beast.

Pleasurable music encourages the brain to boost production of dopamine, improving a person's mood. Innumerable studies show music encourages customers to open their wallets. Alternatively, music can keep unwanted customers away.

In the workplace, music can elevate mood, stimulate productivity and induce feelings of job satisfaction.

Music has been in public spaces for centuries, but it wasn't until the early 1930s when Wired Radio Inc. — later known as Muzak — started piping tunes to customers that music started to become pervasive.

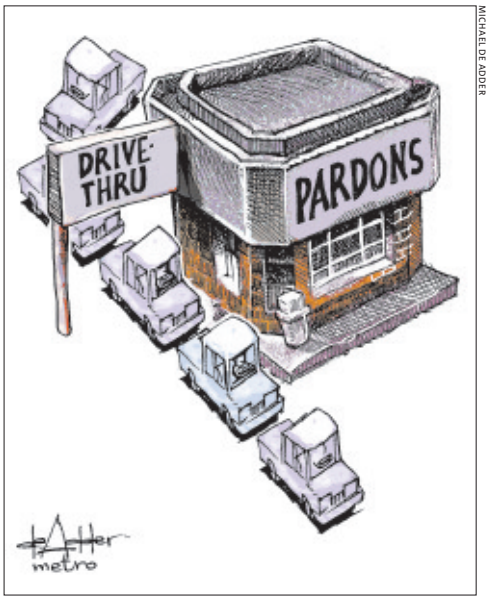
Today, Muzak claims more than 100 million workers in more than 12 countries listen to its customized soundtracks daily. A 2008 Harris poll found nearly one-third of all U.S. employees listen to personal music devices at work.

Sometimes, music's effect can be precisely measured. At the University of Leicester in the U.K., for instance, researchers discovered that restaurant patrons would spend 10 per cent more if there was classical music playing in the background.

Music isn't always a good thing. In industrial workplaces like factories or mines, it can mask dangers. In highly intense jobs like investment banking, an iPod can send the signal that the wearer isn't committed.

But it really does boost productivity. Take this column. It was written in 14 minutes 12 seconds, exactly the amount of time it took for two run-throughs of Derek and the Dominos' Layla.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

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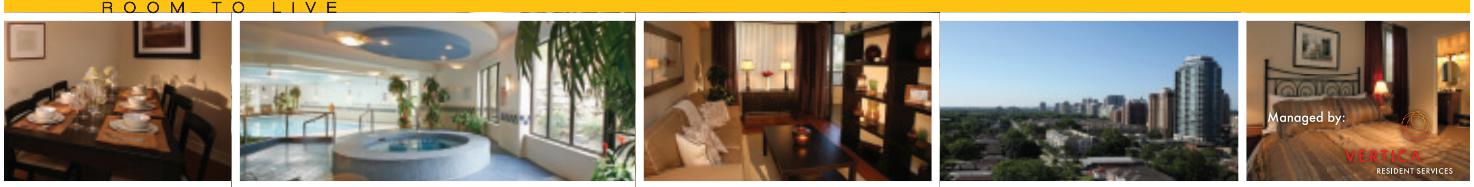

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**Families sue government of Sudan**

Relatives of the 17 American sailors killed 10 years ago in the attack on the USS Cole are suing Sudan for emotional damages they were denied in a previous lawsuit. Sixty-one family members filed the new lawsuit late last week in U.S. District Court. They are seeking $282.5 million US in damages for pain and suffering. THE ASSOCIATED PRESS

# World

## Body recovery mission on Everest

**A team of 20 Sherpa mountaineers plans to remove bodies of climbers who died in Mount Everest's "death zone," a treacherous stretch that has claimed some 300 lives since 1953, the team leader said yesterday. The team also aims to remove tons of garbage left behind on the slopes under a Nepalese government program to clean up the popular tourist destination.** THE ASSOCIATED PRESS

# Flights resume

## Airlines begin departing Europe under tight guidelines

**After five days in which nature brought the jet age to a halt, European officials agreed yesterday to let air traffic resume on a limited basis, giving hope to millions of travellers around the world stranded by ash from a volcano in Iceland.**

Three KLM passenger planes left Schiphol airport in Amsterdam yesterday during daylight under visual flight rules bound for New York, Dubai and Shanghai. European Union transport ministers reached a deal during a crisis videoconference to divide northern European skies into three areas: A "no-fly" zone immediately over the ash cloud; a caution zone "with some contamination" where planes can fly subject to engine checks for damage; and an open-skies zone.

Starting today, "we should see progressively more planes start to fly," said EU Transport Commissioner Siim Kallas.

German airline Lufthansa said it would bring 50 planeloads of passengers home and Britain said it would reopen some of its airspace today. British Airways said it hoped to start flying from London at midnight EDT.

Visual flight rules allow a pilot to fly without reference to instruments, if weather conditions are good enough so the pilot can see landmarks and avoid any other aircraft.

Those flights need to be below 18,000 feet, lower than usual altitude for commercial traffic.

THE ASSOCIATED PRESS

*What do rose farmers have to do with an Icelandic volcano?*

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## Bangladesh **Handmade relief**

PAVEL RAHMAN/THE ASSOCIATED PRESS

**Amina Begum carries handmade fans yesterday in the capital Dhaka. Bangladeshi people stocked handmade fans made of palm leaves, candles, lanterns and fuel for generators to deal with an acute power failure in the country.**

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# Forces kill Iraqi al-Qaida leaders

**BAGHDAD** U.S. and Iraqi forces killed the two top al-Qaida figures in the country in a nighttime rocket attack on a safe house near Saddam Hussein's hometown of Tikrit, a joint operation the U.S. called a significant blow to the insurgency and a sign Iraqi security forces are strengthening.

Iraqi Prime Minister Nouri al-Maliki announced the killings of Abu Omar al-Baghdadi and Abu Ayyub al-Masri at a news conference in Baghdad and showed reporters photographs of their bloody corpses.

THE ASSOCIATED PRESS

## Court orders recount

- An Iraqi court yesterday ordered a recount of more than 2.5 million votes cast in the March parliamentary election, a decision that could tilt the results in favour of Prime Minister Nouri al-Maliki and inflame sectarian tensions.

## **News** in brief

**TENNESSEE** A gunman took a taxi to a hospital yesterday and then opened fire, killing a woman and injuring two others before committing suicide, police said. All the victims were female and current or former employees of Parkwest Medical Center, Knoxville, Tenn., Police Chief Sterling Owen IV said. Police were still trying to determine a motive.

THE ASSOCIATED PRESS


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**Senate subpoenas White House information on Fort Hood shooting**
A U.S. Senate committee has subpoenaed the Obama administration for information on last year's mass shooting at the Fort Hood Army base in Texas. Lawmakers have suggested the administration may be covering up critical details on the case. THE ASSOCIATED PRESS

## News in brief

**THAILAND** Soldiers in full combat gear garrisoned Bangkok's central business district yesterday, laying razor wire across sidewalks in front of astonished tourists as they faced off with defiant demonstrators demanding a change of government. So-called "Red Shirt" protesters accused the military of preparing "a killing field" — the latest confrontation in Thailand's long-running political crisis. Prime Minister Abhisit Vejjajiva — speaking on government-run television channels — said he would not set a date for protesters to be forced out of their encampment at a busy intersection in the heart of Bangkok's shopping and hotel district.

**AWARD** A Polish conservationist won a key environment prize yesterday for leading a campaign that halted a giant expressway that would have sliced through the Rospuda Valley, one of Europe's last swaths of undisturbed wilderness. Malgorzata Gorska, 37, an activist with the Polish Society for the Protection of Birds, was one of six winners of this year's Goldman Environmental Prize, a $150,000 cash award informally dubbed the "Green Nobel."
THE ASSOCIATED PRESS

# Gun activists march on D.C.

## Accuse U.S. government of threatening rights, despite no new gun laws on table

**They came by the hundreds — armed in Virginia, unarmed across the river in Washington, D.C. — to rail against the U.S. government, convinced their Second Amendment rights to bear arms are in danger under the "socialist" regime currently occupying the White House.**

Gun activists descended upon the capital region on a bright, breezy day yesterday, speaking of war and revolution at "Restore the Constitution" demonstrations as they assailed not just U.S. President Barack Obama, but also the Republican politicians on Capitol Hill for failing to stop what they perceive as a socialist takeover of their country.

"We're in a war," Larry Pratt, executive director of Gun Owners of America, told a largely male crowd at the foot of the Washington Monument. "They are coming for our freedom, for our money, for our kids, for our property. They are coming for everything because they are a bunch of socialists."

Pratt urged the crowd to organize as the November mid-term elections loom, and work to ensure that pro-gun politicians get elected while those who advocate gun control are shut out. His pleas came despite the fact that there are no proposals coming for new gun control laws.

"The preamble of the constitution says that the government is to promote the general welfare, not provide it. Promote it," said Tom Fernandez, 32, a legal assistant in the county attorney's office in Sarasota, Fla.

Fernandez is also founder of Alarm and Muster, a communications network designed to help people contact one another in the event of "constitutional emergencies."

The protests took place on the 15th anniversary of the Oklahoma City bombing. But organizers were insistent the date was selected to commemorate the battles of Lexington and Concord in 1775, conflicts that were the first engagements of the American Revolutionary War. THE CANADIAN PRESS

TORY DORIN/THE ASSOCIATED PRESS

Armed protesters demonstrate for First and Second Amendment rights yesterday at a "Restore the Constitution" rally at Gravelly Point Park in Arlington, Va., across the river from Washington, D.C.

# Frank remarks from Israeli defence minister

**MIDDLE EAST** Israel must recognize that the world will not put up with decades more of Israeli rule over the Palestinian people, the country's defence minister said in unusually frank remarks yesterday. Ehud Barak's comments came against the backdrop of severe friction between the U.S. and Israel's government over an impasse in peacemaking.

Last week, U.S. President Barack Obama issued a pessimistic assessment of peacemaking prospects, saying the U.S. couldn't force its will on Israelis and Palestinians if they weren't interested in making compromises. Barak spoke on the occasion of Israel's Memorial Day, dedicated to the nearly 23,000 fallen soldiers and civilian victims of terror attacks. "We also shouldn't delude ourselves," Barak said. "The growing alienation between us and the United States is not good for Israel." THE ASSOCIATED PRESS

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80 Pertosa Dr.

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Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.

**Oakville**
Oakville Place
RioCan Burloak
18 - 2501 Third Line
760 Pacific Rd.

NORTH

**Markham**
Markville Shopping Centre
Pacific Mall

**Newmarket**
Upper Canada Mall
1100 Gorham St.

**Richmond Hill**
Hillcrest Shopping Centre
11005 Yonge St.
9301 Bathurst St.

**Thornhill**
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

**Vaughan**
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
4000 Hwy. 7

**Woodbridge**
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EAST

**Ajax**
RioCan Durham

**Pickering**
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**Oklahoma City marks 15th anniversary of bombing**
U.S. Homeland Security Secretary Janet Napolitano told survivors and victims' relatives gathered yesterday for a sombre ceremony to mark the 15th anniversary of the Oklahoma City bombing that the city's spirit in the wake of the tragedy served as an example to the nation. THE ASSOCIATED PRESS

# Underdog adds new twist to Brit election

**An unpredictable British national election has suddenly become more uncertain, with an unexpectedly stellar television debate performance from the leader of the Liberal Democrats sending the perennially third-ranked party to first place in some opinion polls.**

Nick Clegg's party has leapfrogged the main opposition Conservatives — who most had expected to oust Prime Minister Gordon Brown's governing Labour after 13 years in office. The Liberal Democrats' success is overturning all previous predictions for Britain's May 6 poll.

Nick Clegg

Clegg's relaxed style and sharp attacks on Britain's two major parties won him, by virtually every assessment, the country's first ever TV debate last week, and prompted an opinion poll surge that's eclipsed his rivals.

Clegg attacked Brown and Conservative leader David Cameron as part of an old consensus in British politics that allowed a lawmakers' expense scandal, and failed to anticipate the financial meltdown.

He also charmed viewers by referring to audience members who asked questions by name, in a style reminiscent of former U.S. president Bill Clinton.

An opinion poll by BPIX, published Sunday, put the Liberal Democrats up 12 percentage points to 32 per cent. Cameron's Conservatives fell seven points to 31 per cent and Brown's Labour sat third with 28 per cent. THE ASSOCIATED PRESS

## Hardliner wins Turkish Cypriot vote

**CYPRUS** A hardliner's victory in the Turkish Cypriot presidential election could bring deadlock to peace talks with Greek Cypriots and spell the end of Turkey's bid for European Union membership, analysts said yesterday.

Dervis Eroglu

Nationalist Dervis Eroglu narrowly defeated leftist incumbent Mehmet Ali Talat in Sunday's election with 50.38 per cent of the vote, promising to continue reunification talks with rival Greek Cypriots. Talat drew 42.85 per cent.

Eroglu told Turkey's private NTV news channel yesterday that talks could resume in the second half of May following a six-week break for the election.

But his insistence on sovereignty for the breakaway Turkish Republic of Northern Cyprus could upend the federal framework that Talat and the island's Greek Cypriot President Dimitris Christofias hammered out in 19 months of negotiations.

THE ASSOCIATED PRESS

## News in brief

**MOSCOW** All Russian adoptions to the United States will remain suspended until a new agreement is negotiated, which could take up to two months, the Kremlin's children's rights ombudsman said yesterday. Russia froze U.S. adoptions last week after a boy was put on a plane back to Russia by his adoptive American mother. The woman said she "no longer wishes to parent" Artyom Savelyev, who had just turned eight. Talks on a new adoption agreement were supposed to have begun yesterday but were postponed until next week after volcanic ash prevented the U.S. delegation from flying to Moscow, the U.S. Embassy said in a statement.

THE ASSOCIATED PRESS

**Phoenix picks veteran to take helm**

Phoenix Oilfield Hauling Inc., an oil industry services company based in Alberta, says it has appointed energy services veteran Chris Challis as the company's new president and chief executive. THE CANADIAN PRESS

# Business

| DOLLAR | N.GAS | OIL | TSX |
|---|---|---|---|
| US 98.54¢ | US $3.935 | US $81.45 | 12,102.97 |
| US 0.16¢ | US 10.4¢ | US $1.79 | 32.31 |

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Raising rates questioned

**It's a minority view, but some economists are advising the Bank of Canada to hold off on raising rates — for a long time.**

The reason, says Carl Weinberg of U.S.-based High Frequency Economics, is the Canadian economy is not nearly as strong as recent data suggests and inflation is at acceptable levels.

He says Canada's central bank could easily keep interest rates at record lows until next year and not worry about inflation getting out of hand.

That flies in the face of the prevailing view of economists, who believe Bank of Canada governor Mark Carney will start raising rates in July — or possibly even in June.

Carney is expected to give a strong hint into his thinking this week, starting today with a scheduled interest rate announcement.

No one thinks Carney will move this week on the policy rate, which is at an emergency level of 0.25 per cent, but the governor is expected to issue a new forecast on both growth and inflation that will tip off when he will act.

THE CANADIAN PRESS

## Inflation within target range

- Statistics Canada reported last month that core inflation rate, which the Bank of Canada watches closely, was 2.1 per cent in February while overall inflation was 1.6 per cent. Both are within the central bank's target range of one to three per cent.

NATHAN DENETTE/THE CANADIAN PRESS FILE PHOTO

Bank of Canada governor Mark Carney is expected to show his hand today on whether he believes the economic recovery is rooted enough to withstand an increase in interest rates.

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# Toyota accepts record $16.4M fine

**RECALL** Toyota Motor Corp. agreed yesterday to pay a record $16.4-million US fine for failing to properly notify U.S. authorities about a dangerous accelerator pedal defect. The company said it had agreed to settle the civil penalty but denied the government's allegation that it violated the law. Toyota said it agreed to the penalty "to avoid a protracted dispute and possible litigation."

**8** Toyota has recalled more than eight million vehicles worldwide because of acceleration problems in multiple models and braking issues in the Prius hybrid.

The penalty is the largest the government can assess under law. Without the cap, government lawyers said Toyota could have faced fines of $13.8 billion, or $6,000 for each of 2.3 million vehicles that were sold with defective pedals.

THE ASSOCIATED PRESS

## Business in brief

**RESULTS** Dynex Power Inc. expects its earnings for fiscal 2010 will drop as it continues its expansion in China, the semiconductor company warned yesterday as it posted last year's financial results. The company, which is based in England but trades in the TSX Venture market, said its net income dropped to $3.4 million or eight cents per share.

**DRILLING** Seabridge Gold Inc. says it plans to spend about $17.5 million this year on its KSM gold property near Stewart, B.C. It said the development budget will go towards drilling to boost its reserves, exploration at the Iron Cap zone of the property and preparing an environmental assessment. THE CANADIAN PRESS

# TSX reverses earlier losses as financial sector picks up

**MARKETS** The Toronto stock market closed higher yesterday as falling commodity prices were offset by gains in the financial sector. The S&P/TSX composite index added 32.31 points to 12,102.97.

The financial sector added 0.85 per cent, more than compensating for the losses seen Friday after investment banking giant Goldman Sachs was charged for its dealings in the subprime mortgage market. John Stephenson at First Asset Investment Management said the market appeared to be treating Goldman's problems as a "one-off."

And strong results from Citigroup indicate the U.S. financial sector may be improving faster than expected.

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**Stellar year for Indian outsourcing company**
Tata Consultancy Services Ltd., India's largest outsourcing company, said yesterday that its net profit for the 2009-10 financial year increased by 29.01 per cent to $1.45 billion, describing it as a stellar performance. THE ASSOCIATED PRESS

CRAIG RUTTLE/THE ASSOCIATED PRESS

The Accelerator Suit Duke is part of Hasbro's G.I. Joe The Rise of the Cobra collection. The toymaker reported higher revenue in all major product categories yesterday.

# 'Nice little jump start'

## TD has low risk in Florida banking acquisition: Analyst

**TD Bank is playing it safe by purchasing the risky assets of three insolvent Florida banks under an agreement with regulators that some analysts say carries minimal downside for the Canadian bank, even if all of the loans were to go sour.**

"I look at this type of a deal as very low-risk on what could be considered some high-risk type of assets," said Craig Fehr, a financial services analyst with Edward Jones in St. Louis.

"I think that's a nice little jump start for TD, to be able to grow that presence along the eastern seaboard over time."

TD Bank announced Friday it bought the assets and liabilities of Riverside National Bank of Florida, First Federal Bank of North Florida and AmericanFirst Bank from the U.S. Federal Deposit Insurance Corp.

Desjardins Securities analyst Michael Goldberg published a note yesterday that was also optimistic about the agreement.

### Risks are covered

- The U.S. Federal Deposit Insurance Corp. has agreed to share 50 per cent of the loan losses up to specific thresholds at each of the banks. From that point, the FDIC would handle 80 per cent of the loan losses

He noted that TD will only be responsible for at most about $575 million US of loan losses in the unlikely event that all of the three banks' loans went to zero value.

"TD has acquired these banks' $3.8 billion US assets at par and is not paying a premium for their $3.1 billion US of deposits," Goldberg wrote.

The bank is getting a major expansion in its U.S. banking operations, adding 69 new retail locations to its roster, bringing the total to 103 in Florida. Between the three banks there are about 900 employees, though TD expects to hire more staff.

TD, which already has a major retail presence in the northeastern United States, says the acquisitions in Florida will help broaden its U.S presence.

Fred Graziano, head of TD's U.S. retail banking, said the bank is confident that its agreement with the FDIC makes the acquisitions safe bets.

THE CANADIAN PRESS

# Profits triple for toymaker Hasbro

**MANUFACTURING** Toys are increasingly making their way back into parents' budgets, Hasbro Inc.'s results showed yesterday.

A big spike in sales of girls' toys and strong sales across the board helped Hasbro's first-quarter profit nearly triple. Revenue from girls' toys, including Littlest Pet Shop, My Little Pony and Strawberry Shortcake, rose 16 per cent.

The second-largest U.S. toymaker also said yesterday that it is starting a $625 million share buyback program.

Both Hasbro and Mattel Inc., the largest U.S. toy maker, reported strong first quarters, indicating parents are beginning to spend more on their children as fears about jobs and the economy ease. Toys are usually one of the first categories to recover after an economic downturn because many parents spend on their children before themselves.

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# Overseas strike ends at Inmet Mining facility

**MINING** Inmet Mining Corp., a Toronto company with operations in Canada and overseas, says an illegal strike at its Ok Tedi copper-gold mine in the southwestern Pacific island country of Papua New Guinea has ended and workers returned to the job Saturday.

Inmet said the strike will result in lost production at Ok Tedi of about 5,000 tonnes of copper — Inmet's share is 900 tonnes — and 18,000 ounces of gold production. Inmet's share of gold output lost is 3,200 ounces.

"Ok Tedi was able to complete significant scheduled maintenance work planned for later in the year during the strike action," the miner said in a release.

"This should allow Ok Tedi to work towards making up a portion of the lost production."

Inmet produces copper, zinc and gold at five mines in Canada, Finland, Turkey and Papua New Guinea.

In Monday trading on the TSX, Inmet shares fell 40 cents to $57.60.

THE CANADIAN PRESS

# Obama headed for Wall Street showdown

**BANKING** U.S. President Barack Obama is heading to New York City later this week to push for a financial overhaul package in a venue rich with presidential history.

The speech Thursday at Cooper Union in Manhattan comes as a Senate showdown looms on a package of new regulations that Republicans have so far unanimously opposed.

Over the weekend, GOP leader Mitch McConnell (R-Ky.) urged top Democrats to go back to the drawing board and assemble a package that can win bipartisan support. But Democrats accused McConnell and others of helping big banks fend off needed regulation.

"By filibustering it — stopping it — we leave the American public vulnerable once again to the kind of shenanigans that have occurred in large financial institutions," said Sen. Christopher Dodd (D-Conn.), chairman of the Senate Finance Committee.

Dodd said he's expecting his package will be on the Senate floor tomorrow or Thursday.

Announcing the Cooper Union speech yesterday, nearly two years since the financial market meltdown, White House press secretary Robert Gibbs said Obama wants to "remind Americans what is at stake" if the rules of the road on Wall Street remain unchanged.

In his weekly radio and Internet address, Obama said, "Every day we don't act, the same system that led to bailouts remains in place, with the exact same loopholes and the exact same liabilities. And if we don't change what led to the crisis, we'll doom ourselves to repeat it."

But Republicans contend the Democratic plan would encourage big Wall Street banks to expect another bailout by establishing a fund to help unwind any that fail.

Democrats counter the $50 billion fund would be paid for by the banks, and would lead to bankruptcy, not rescue.

THE ASSOCIATED PRESS

## Banking **On the rebound**

RICHARD DREW/THE ASSOCIATED PRESS

Citigroup Inc. has provided more evidence that the nation's big banks may have turned a corner, reporting a surprise first-quarter profit as trading revenue offset losses from failed loans. Citigroup says it earned $4.4 billion US after payment of preferred dividends.

## Business in brief

**RETAIL** Casey's General Stores board has adopted a "poison pill" plan in an attempt to thwart a hostile takeover bid by Canada's Alimentation Couche-Tard. The Iowa-based convenience store operator informed U.S regulators that it is adopting a complicated shareholders rights agreement that could put a wrench in its suitor's efforts. Casey's plan would kick in once any shareholder obtains 15 per cent of the company. It would give all shareholders except the "acquiring person" the right to buy new stock at half the market price.

**AUTOMOBILES** Chrysler Group says it has settled a lawsuit against one U.S. state but is suing three others because of laws that give dealers the right to block the automaker's plan to thin its dealership ranks. The automaker said that North Carolina has agreed not to enforce a recently passed law that gives dealers who were cut by Chrysler the right to challenge or stop the company from awarding new franchises in their areas. But it says it will pursue its lawsuit against Oregon, Maine and Illinois. METRO NEWS SERVICES

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# More trouble for Greece

**Greek borrowing costs hit their highest level yesterday since the country joined the euro after global travel chaos caused by Iceland's volcano delayed the start of talks on a potential bailout package involving the International Monetary Fund.**

The interest rate gap, or spread, between Greek 10-year government bonds and their benchmark German equivalent approached record levels and reached up to 4.63 percentage points Thursday.

Weighed down by banks, shares on the Athens Stock Exchange sank 2.29 per cent with the bourse's general index dropping to 1.949.5 in early afternoon trading.

European and IMF negotiators are due to start talks in Athens tomorrow — two days later than first planned — to discuss details of the standby loan package, which Athens says it may use if borrowing costs bond yields are too high.

Government spokesman Giorgos Petalotis said negotiations could be held by teleconference in case of further delays.

"We hope this natural phenomenon that has disrupted air travel will not further delay the negotiations," Petalotis said. "We hope that this delay does not have an effect on the markets, which we are following."

Uncertainty over how a pledge by eurozone countries to provide Greece $40.6 billion US in standby loans would work has added urgency to negotiations with the IMF to determine its role in a joint bailout deal.

THE ASSOCIATED PRESS

DIMITRI MESSINIS/THE ASSOCIATED PRESS

A Greek flag flies from the roof of a building as the house of parliament is seen in the background in Athens. Greek borrowing costs hit a new high yesterday as bailout talks were delayed.

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Hidden costs when buying home

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Something about birds chirping and buds bursting sends us out shelter shopping. Whether you are a new homebuyer, a move-up buyer or downsizing, it's important to consider the costs of a house purchase that go beyond the selling price.

Downsizers, surprisingly, often make miscalculations when buying a home because many have been in their abode for a long time and, well, things have changed since you bought back in the 1970s.

Here are some standard costs to consider before you make your first offer.

**1 Mortgage payment:** Know the range of possibilities for varying amortizations, payment schedules (monthly, bi-monthly, weekly) and types and terms of mortgages. Keep a printout handy to consult when homebuyer stars are blinding your eyes.

**2 Mortgage insurance:** With less than 20 per cent down payment you may need mortgage insurance. This can add a one-time cost of up 2.75 per cent of your mortgage, usually added to the principal.

**3 Home inspection:** A must for resale homes. (Average, $500).

**4 Survey (certificate of location):** If there isn't an up-to-date one available, plan on spending from $750 to $1,500.

**5 Legal costs and disbursements:** Depending on the province, they range from $1,500 to $2,500. Ask your lawyer for a detailed estimate. Optional title insurance, which covers survey issues and undischarged mortgages relating to previous owners, is becoming increasingly common ($250). There may be interest adjustments ($100 to $1,000) to cover any gap between closing date and first mortgage payment.

**6 Property appraisal:** This may be required by your lender. Some lenders include this as part of your banking package. (Otherwise, $150 to $200).

**7 Vendor reimbursements:** If the vendor has paid in advance for things such as taxes and fuel you will have to reimburse the vendor for the period from closing to year end.

**8 Land transfer tax:** Loathed by homebuyers, this may be levied in your area but there could be reductions for first-time or senior buyers.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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# Savings can save the day

## Few things say "reassurance" like money in the bank.

**Maria Contreras**
RBC Royal Bank
Product Manager, Savings Accounts

While it's good to have a savings goal, the aim of a savings account doesn't begin and end with achieving that goal. Savings in the long term is simply common sense. After all, life is full of surprises. And those surprises can be expensive.

A solid savings account can be your cushion against the unexpected, and a welcome refuge in an emergency. Suppose you run into unforeseen car or home repairs or, worse, find yourself unemployed? Having a "savings buffer" can get you past this momentary bump, without relying on alternatives that could create future debt or costs such as interest fees.

A good rule of thumb is to have three to six months' living expenses set aside – in a worst case scenario of job loss. That may seem daunting, but remember: This is a "slow and steady" proposition, so keep your expectations realistic. Start small, so you won't give up right away. After examining your budget and determining how much you can save (and where you can trim spending), set aside an affordable amount from every paycheque – $25 a week, for example. After a while, you won't even miss that extra "disposable" money.

Perhaps the most important thing to look for when opening up a savings account is access to your money. It's called an "emergency fund" for a reason – you'll want your entire balance available to you 24/7, without minimum balance requirements or withdrawal penalties.

Saving for the "unexpected" doesn't only apply to emergencies. Think of the out-of-the-ordinary circumstances that can catch you off-guard: car or home repairs, the need to replace a computer or appliance, etc. Money in the bank means you're prepared no matter what.

Starting and maintaining a savings regimen is as easy as it is smart. These four simple tips can send you on your way:

**Know your budget.** Keep track of how much is coming in, and how much is going out, every month. Look for ways to save – by cutting down on takeout lunches, for example.

**Set yourself a savings goal.** Know what you want, and when. Make it tangible and achievable – a trip down south in 12 months, for example.

**Pay yourself first.** Schedule automatic, online deposits from your chequing account to your savings account. With "memorized" weekly or bi-weekly transfers, setting aside savings is done for you!

**Keep committed.** Impulse buys and instant gratification feel good, but stay strong! Willpower can be so much more rewarding in the long run.

**THE 3-MONTH RULE IN 3 EASY STEPS**

1. Start small. Building your buffer will take time, but even $1,000 in the bank is a great motivator.
2. Treat it as a bill. Make it non-negotiable, just like your monthly hydro, gas or cable bills.
3. Determine exactly how much you need to save with the Emergency Fund Calculator at rbc.com/tipsandtools

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# Climbing stock markets fail to soothe investors

Investing

**Allan Small**
metronews.ca/investing

RICHARD DREW/THE ASSOCIATED PRESS

Traders gather yesterday at the post that trades Goldman Sachs on the floor of the New York Stock Exchange.

The North American markets continue their ascent with seemingly minimal resistance. Last week, the major New York indices reached what many feel are new milestones on their way to getting back to previous highs.

This is great news for investors' confidence and their portfolios. However, with all North American indices firing on all cylinders, why is this advance still being called, by many, "the rally that investors don't believe in?"

As the market continues to make its gains, more and more investors are participating. However, if they feel there are any signs of bad news ahead, investors run for the exits. Investors, for whatever reason, are still fearful. Perhaps it is because we just went through the worst recession in 80 years or maybe it is because we are in the midst of the best and fastest recovery in the post-war era, I'm not sure. However, whatever the reason, investors seem to run first and ask questions later when times get tough.

**"Negative news like the Goldman news, at times, can afford individuals the opportunity to enter the market at better price points."**

Last week, when the Goldman Sachs fraud accusation was announced, the market sold off quickly. All U.S. and Canadian bank stock prices dropped on the announcement. This can be justified as Goldman Sachs is a financial company and thus many correctly or incorrectly can tie other financial companies to how Goldman Sachs makes its money. However, why would investors sell off construction companies, engineering firms, tech companies or other non-related sectors? In my opinion, the selling in these other sectors does not make sense and only affords the savvy investor the opportunity to profit from it. Warren Buffett said it best, "be fearful when those are greedy and greedy when those are fearful." Pullbacks will happen during any bull run. Investors need to be positioned to take advantage of it.

Therefore, if you are an investor looking for growth opportunities, you want to wait for good entry points to enter the market. Negative news like the Goldman news, at times, can afford individuals the opportunity to enter the market at better price points. It is not something that is easy to do. You need to have the right risk tolerance and patience. However, if you can muster up the courage to take advantage of the pullbacks in this market due to some sort of widespread fear, I believe being a contrarian can have big rewards in the future.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

# Transferring undeducted RRSPs will have tax consequences

MoneyMatters

**Henry Choo Chong**
metronews.ca/moneymatters

**Q This October, my father turns 69 and my mother 65. Is this the last year for his RRSP contribution and can he transfer excess contributions to his TFSA?**
— Gianni

A The year your father turns 71 is the final year he can make a Registered Retirement Savings Account (RRSP) contribution to his own fund. However, he may continue to contribute to a spousal RRSP with your mom as the annuitant, and claim a deduction until she turns 71.

Undeducted RRSP contributions in excess of the allowable $2,000 should either be deducted or withdrawn to avoid penalties by Canada Revenue Agency. Undeducted RRSPs cannot be transferred to a Tax Free Savings Account without tax consequences. You should consult your financial/tax adviser before any transfers.

**Q My partner and I have a small catering business. It is not a corporation. Is the income earned in the partnership for 2009 taxable for that year or can we defer this income?** — Sadi

A Businesses are generally operated as non-incorporated (sole proprietorship, partnership) or incorporated. A corporation is a separate entity from the individual and may have varying year-ends. Individuals do not have to report income from the corporation unless they receive funds from the corporation, such as salary, bonus or dividends. On the other hand, a non-incorporated entity must report their income on a calendar year basis — January to December. Therefore, you and your partner must report for 2009.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

**Gagne retiring from baseball**
Unable to catch on with a Major League Baseball club, Quebec pitcher and former NL Cy Young winner Eric Gagne is calling it a career at age 34. Gagne told Ruefrontenac.com in an interview that he no longer had it in him to fight for a major league job after being cut by the Los Angeles Dodgers during spring training. THE CANADIAN PRESS

# Sports

## Hood no good: MLB

**Baseball's fashion police have raided Joe Maddon's hood. The Tampa Bay Rays manager has been told by Major League Baseball that he can no longer wear his favourite hoodie. Maddon, left, likes to put on the pullover during cold days at the ballpark, but MLB said it's not approved for use during games.** THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

PAUL CHIASSON/THE CANADIAN PRESS

Washington Capital Eric Fehr celebrates a goal by teammate Brooks Laich past Montreal Canadiens goaltender Jaroslav Halak last night during Game 3 of their Eastern Conference quarter-final.

# Caps explode to take lead

**(Washington leads 2-1)**

**Canadiens 1 Capitals 5**

**The Washington Capitals chased Jaroslav Halak with a four-goal second period and rocked the Montreal Canadiens with a 5-1 victory last night to take the lead in their NHL Eastern Conference quarter-final.**

The Capitals hold a 2-1 edge in the best-of-seven series heading into Game 4 tomorrow night at the Bell Centre.

The first goal was the turning point as Boyd Gordon scored short-handed 1:06 into the second period. The goal came after Canadiens defenceman Jaroslav Spacek accidentally backed into Halak and knocked him down while trying to stop a two-on-one break.

Brooks Laich and Eric Fehr then scored as the Caps got three in a six-shot span on Halak, who was pulled in favour of Carey Price at 8:33 of the second. Halak faced only 13 shots.

Alex Ovechkin made it 4-0 and Matt Bradley added a late goal against Price, who faced 23 shots. Tomas Plekanec scored on a power play in the third period for Montreal.

THE CANADIAN PRESS

## Bergeron scores winner for Boston

**(Boston leads 2-1)**

**Bruins 2 Sabres 1**

**NHL** Patrice Bergeron scored the go-ahead goal with just more than six minutes left to give the Boston Bruins a 2-1 win last night and a 2-1 lead over the Buffalo Sabres in their Eastern Conference playoff series.

Mark Recchi bumped Tim Kennedy off the puck in the right corner behind the Buffalo net and fed it to Bergeron, whose quick shot from the right circle beat Ryan Miller.

The sixth-seeded Bruins are home again for Game 4 tomorrow night.

THE ASSOCIATED PRESS

## Sports in brief

**CONDUCT** NFL commissioner Roger Goodell says Pittsburgh Steelers quarterback Ben Roethlisberger has violated the league's personal-conduct policy. The NFL is expected to discipline Roethlisberger, although it says there is no timetable for such a decision.

**NFL** The Philadelphia Eagles have dealt this year's fifth-round pick to Denver, which is sending tight end Tony Scheffler to the Detroit Lions, who will trade linebacker Ernie Sims to Philly. The Eagles announced the three-way deal in a statement yesterday, three days before the NFL draft.

**ARENA** Edmonton Oilers owner Daryl Katz made his bid for a new arena official yesterday with a zoning application for a large swath of land on the edge of downtown. In addition to an arena the application calls for a casino and commercial and residental buildings.

**SOCCER** Liverpool beat visiting West Ham 3-0 in yesterday's only Premier League match to stay in contention for European qualification. Goals from Yossi Benayoun and David Ngog plus an own-goal from West Ham goalkeeper Robert Green at Anfield lifted Liverpool into sixth place over Aston Villa, which has played one fewer match. METRO NEWS SERVICES

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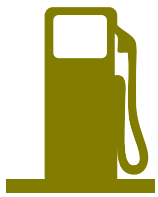

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## Ex-boxing champ Valero kills himself in jail: Police

**VENEZUELA** Former boxing champion Edwin Valero, who had a spectacular career with 27 straight knockouts and flouted a tattoo of President Hugo Chavez on his chest, hanged himself in his jail cell yesterday after being arrested for stabbing his wife to death, police said.

The former lightweight champion used the sweat pants he was wearing to hang himself from a bar in the cell, said his lawyer, Milda Mora.

Valero, 28, had problems with alcohol and cocaine addiction and struggled with depression. He had previously been suspected of assaulting his wife and was charged last month with harassing her and threatening personnel at a hospital where she was treated for injuries.

Valero's 24-year-old wife, Jennifer Carolina Viera, was found dead in a hotel room Sunday, and police said the fighter told hotel security that he had killed her.

THE ASSOCIATED PRESS

EDUARDO VERDUGO/THE ASSOCIATED PRESS

Edwin Valero is seen during a WBC lightweight title fight in Monterrey, Mexico.

NATHAN DENETTE/THE CANADIAN PRESS

Toronto Raptors general manager Bryan Colangelo speaks to the media yesterday in Toronto.

## 'Doom-and-gloom' talk about Raps off base: GM

**NBA** Raptors general manager Bryan Colangelo says his team isn't as bad as people think.

His ability to convince Chris Bosh of that will go a long way in determining whether the all-star stays in Toronto, or heads elsewhere.

Colangelo was realistic about his team's uneven performance yesterday as he met with the media for the first time since the Raptors concluded a 40-42 season that saw them miss the playoffs for the seventh time in nine years.

"I would be leaving it short if I called it anything less than heartbreaking to be here talking about the off-season that we're about to embark upon," said Colangelo. "It's never easy to look at a team that you feel perhaps underachieved or underperformed, and that was really the story of our season."

But he also went on the offensive, defending a team that was labelled during the season as fractured, soft and incapable of playing playoff-calibre defence.

"This very negative picture being painted about our situation is not as doom-and-gloom as many people want to make it, and I say that with great confidence," said Colangelo.

"We've already gone through an assessment of where we are, where we fell short, what areas of weakness we have, and what we have to address. And those issues will be addressed and fixed in this off-season. We're starting at a place much further along than people like to think. We have a good core, and we have good young players that continue to emerge."

THE CANADIAN PRESS

### Bosh trade

- If Chris Bosh can't be re-signed, Brian Colangelo said he won't hesitate to pull the trigger on a sign-and-trade arrangement that would likely see Bosh get a maximum contract, while the Raptors would end up with players, draft picks or both.

## Dalembert honoured for Haiti efforts

**BASKETBALL** Montreal's Samuel Dalembert of the Philadelphia 76ers is being honoured for his exemplary efforts during the earthquake crisis in Haiti.

Dalembert has been named this year's recipient of the J. Walter Kennedy Citizenship Award, which spotlights a player or coach for outstanding service and dedication to the community.

He received the award yesterday.

Dalembert, an eight-year NBA veteran and native of Haiti, worked to provide relief to victims of the earthquake and donated $100,000 US to UNICEF. He visited the stricken country twice and raised awareness of the need for relief.

He's also helped build a training facility and a school in Haiti called the Dalembert Academy.

Other finalists this season included, Charlie Villanueva of the Detroit Pistons, Ronny Turiaf of the Golden State Warriors and Adonal Foyle of the Orlando Magic. THE CANADIAN PRESS

**Hamlin wins in Texas**

Denny Hamlin went ahead in the closing 12-lap shootout for a NASCAR victory at Texas Motor Speedway yesterday, holding off Jimmie Johnson at the end to win another rain-delayed race. THE ASSOCIATED PRESS

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# Few watch Jays win

**MLB RESULTS**

**Royals 1 Blue Jays 8**

**Even on a night when they roused their slumbering bats and showcased another pitcher on a mission to throw a no-hitter, the Toronto Blue Jays could not overcome an issue that is threatening to become the dominant storyline of their young season — attendance.**

The absence of paying customers was inescapable at Rogers Centre last night, as the franchise drew its smallest crowd to a domed stadium that was once the hottest ticket in town. Only 10,314 fans attended a series-opening game against the Kansas City Royals, lower than the previous mark of 10,610, which the Blue Jays reached last week.

That left an ocean of empty blue seats to take in a dominant performance from Toronto starter Brandon Morrow, who held Kansas City without a hit into the sixth inning, en route to an 8-1 win. Blue Jays third baseman Jose Bautista hit a pair of home runs to lead the attack, which even featured input from embattled first baseman Lyle Overbay.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

Toronto Blue Jays starter Brandon Morrow pitches to the Kansas City Royals last night at the Rogers Centre.

## SCOREBOARD

**NHL**

YESTERDAY'S RESULTS
Washington 5 Montreal 1
Boston 2 Buffalo 1
Vancouver at Los Angeles

TODAY'S GAMES
Phoenix at Detroit, 6:30 p.m.
New Jersey at Philadelphia, 7:30 p.m.
Chicago at Nashville, 9 p.m.
San Jose at Colorado, 10 p.m.

**NBA**

YESTERDAY'S RESULTS
Chicago at Cleveland
Utah at Denver

TODAY'S GAMES
Milwaukee at Atlanta, 7 p.m.
Miami at Boston, 8 p.m.
Oklahoma City at L.A. Lakers, 10:30 p.m.
Portland at Phoenix, 10:30 p.m.

**BASEBALL**

YESTERDAY'S AL RESULTS
TORONTO 8 Kansas City 1
Tampa Bay 8 Boston 2
Detroit at L.A. Angels
Baltimore at Seattle

YESTERDAY'S NL RESULTS
Colorado at Washington
Chicago Cubs at N.Y. Mets
St. Louis at Arizona
San Francisco at San Diego

TODAY'S AL GAMES
Kansas City at TORONTO, 7:07 p.m.
Texas at Boston, 7:10 p.m.
Cleveland at Minnesota, 8:10 p.m.
Tampa Bay at Chicago White Sox, 8:10 p.m.
Detroit at L.A. Angels, 10:05 p.m.
N.Y. Yankees at Oakland, 10:05 p.m.
Baltimore at Seattle, 10:10 p.m.

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**Paris & London** $247
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Toronto – Paris // London – Toronto

**Costa Rica** $295
Travel Apr 26 - May 3/wg + taxes & fees $219

**Barcelona & Venice** $299
Travel May 8 - May 22/ts + taxes & fees $314
Toronto – Barcelona // Venice – Toronto

**Phoenix** $339
Travel May 4 - May 11/dl + taxes & fees $126

**Istanbul** $599
Travel Apr 27 - May 12/dl + taxes & fees $277

**Buenos Aires** $779
Travel May 10 - May 24/ua + taxes & fees $272

**Sydney** $989
Travel May 5 - May 19/ua + taxes & fees $334

**Johannesburg** $1199
Travel Sep 20 - Oct 4/lh + taxes & fees $524

**Hawai'i Vacation**

**Hawai'i** Island Combo
Air + 7 Nights
**$949**
*Ohana Waikiki West & Aston at the Maui Banyan* + taxes & fees $170
INCLUDES all air, 4 nights Waikiki accom with breakfast and 3 nights Maui accom. Departs May 11/ggv/dl/ha.

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**Mayan Riviera**
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Departs Apr 27/swg/wg.

**Los Cabos**
7 Nights 5-Star $687
*Presidente Inter Continental* + taxes & fees $281
Departs May 15/sqv/ws.

**Jamaica** 7 Nights 4-Star $697
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**Vacations**

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*Champions World Resort* + taxes & fees $233
Departs May 28/ggv/ts. ADD 7-day *Walt Disney World Resort Magic Your Way* Base Ticket for $253/adult & $218/child.

**Florida** Air + Car $109
+ taxes & fees $235
INCLUDES roundtrip air to Fort Lauderdale and 7-day car rental. Travel May 7 - 14/vat/ts.

**Montreal** Just for Laughs
3 Nights $174‡
*Hotel Travelodge Montreal Centre* taxes & fees included
INCLUDES central accom and breakfast during the Just for Laughs comedy festival. Departs Jul 13/ggv.

**New York** Guys' Weekend Getaway
Air + 3 Nights + Pub Crawl $589
*Doubletree Metropolitan* + taxes & fees $99
INCLUDES Manhattan accom and West Village Pub Crawl. Departs May 14/ggv/la. ADD All-Loops Double Decker tour for $60.

**San Francisco**
Air + 4 Nights $629
*Hotel Union Square* + taxes & fees $131
INCLUDES boutique hotel accom in Union Square. Departs May 3/ggv/dl.

**Europe Vacations**

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*Agon Aldea (Berlin) & Best Western Raphael Altona (Hamburg)* + taxes & fees $310
INCLUDES train ticket, 4 nights accom in Berlin, 3 nights accom in Hamburg and breakfast. Departs Jun 16/vat/ts.

**Greece & Turkey**
Air + 3 Nights + 4-Night Cruise $1199
*M/V Aquamarine & Kaningos 21 (Athens)* + taxes & fees $474
INCLUDES air, transfers, 4-night Greek Island & Turkey cruise and 3 nights 3-star accom in Athens with breakfast. CRUISE roundtrip Athens and visit Mykonos, Kusadasi (Turkey), Patmos, Rhodes, Crete & Santorini. Travel Jun 6 - 14/vat/ts.

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**Vikings re-sign backup QB**

The Minnesota Vikings re-signed backup quarterback Tarvaris Jackson yesterday as they wait for Brett Favre to decide if he will return for another season.

# Red Wings sticking with rookie Howard

## Detroit won't turn to veteran goalie Chris Osgood

**Red Wings goaltender Jimmy Howard is trying to forget how he's played lately.**

Good luck, kid.

Howard has given up four goals in two straight games to the Phoenix Coyotes, who are now a win away from putting Detroit on the brink of elimination.

"Being a goalie, you have to have short-term memory," Howard said after yesterday's practice.

The two-time defending Western Conference champions will host Phoenix in Game 4 tonight, trailing 2-1 in the first-round series.

They're counting on their rookie in net to bounce back — instead of putting veteran Chris Osgood in the lineup — and are not worrying about his NHL-worst 3.73 goals-against average in the playoffs.

"That's not a concern for us at all," Red Wings coach Mike Babcock said.

On the day Detroit's goalie was being scrutinized, Coyotes goalie Ilya Bryzgalov was being hailed. He was announced as a finalist for the Vezina Trophy, an award for the NHL's best goaltender, after helping Phoenix set records for wins and points this season.

"It's a big honour for me and all my teammates," he said.

If Bryzgalov can beat Detroit two more times, he will lift the franchise to the second round of the playoffs for the first time since 1987, when it was still the Winnipeg Jets.

The Coyotes might get a boost from the return of captain Shane Doan, whose right shoulder hit the end boards and ended his game early in the second period Sunday.

Doan skated before his teammates practised yesterday and is expected to be evaluated after today's skate.

THE ASSOCIATED PRESS

Jimmy Howard

**Passing the generosity torch**

"Over 5 million out of 13 million Ontarians volunteer each year. There's a tremendous sense of civic generosity out there, and our goal is to instill the same sense in our young Ontarians. And hopefully it not only has a huge impact in the short term, but gives them a sense of giving back that can last their whole lives." **DR. ERIC HOSKINS, MINISTRY OF CITIZENSHIP & IMMIGRATION**

NATIONAL

# Volunteer Week

EDITOR: SARAH.CAIRNS@METRONEWS.CA

## Take a dip

RICK MCGINNIS
for Metro Canada

**With home stretch in sight for the academic year, a provincial program is hoping to tap into a last burst of youthful energy and encourage young people to put in time as volunteers. The provincial Ministry of Citizenship & Immigration is sponsoring a program ambitiously named Change The World, as part of its own Ontario Youth Volunteer Challenge.**

Dr. Eric Hoskins is head of the ministry, and describes the program as "almost an experiment" that began three years ago and attracted less than a thousand students. The target this year is 10,000, which isn't entirely improbable as high school students in the province are obliged to complete 40 hours of volunteer work to get their diploma.

"The idea behind that was to help students develop an awareness and a better understanding of their civic responsibility," Hoskins said. "It was not to add another layer of responsibility to students busy schedules."

To make it easier for students to find organizations in need of their time and talents, the province has relied on their Volunteer Ontario centres — a network of 25 facilities around the province that is acting as a middleman, reaching out to clients in need of warm bodies and busy hands, and matching them up with students with time to give.

Deborah Gardner is the executive director of Volunteer Toronto and she says the biggest challenge is overcoming the lack of experience, both first- and second-hand, that young people might have had with giving their time. "For young people the barrier is that if their parents haven't volunteered, or if it isn't part of their family culture, where do they start? It seems like a huge task, but if you break it down and start with the Youth Challenge, just dipping your toe in the water, it's a way of helping young people see that they can do it."

SUBMITTED

Tre Anthony from CTV's So You Think You Can Dance, Josh Matlow Toronto trustee, Paula Brancati from DeGrassi: The Next Generation, Minister of Citizenship and Immigration Dr. Eric Hoskins and Raymond Ablack from DeGrassi: The Next Generation at the launch of ChangeTheWorld — Ontario Youth Volunteer Challenge.

### 'It's really about getting started'

• Danny Fee is a York University student who began volunteering in grade 10. He received the Ontario Medal for Young Volunteers and sits on the Youth Advisory committee for the Ministry.

**Q What's the hardest thing about getting teens to volunteer?**

**A** "It's really about getting started with the volunteer hours. I think a lot of students don't really complete their hours until the latter part of high school, grade 11 or 12 because they don't see the benefits of volunteering. It's about getting started, getting inspired, and that's why I'm involved, to share my experiences with younger people, and get them started off on their volunteer journeys, to see how it can help you or open doors for you."

**Q Where do you see this going for you?**

**A** "I want to be a teacher. I think teachers have a huge influence on young people — I want the next generation of young people to be ready for the real world, to get involved and make a difference.

**Q What advice would you give to someone just starting the program this year?**

**A** "I would say just see what your passion is — what assets you have, what skills you have, and get started early. Try different things — I've taken pretty much every opportunity that's been place in my hands, and I don't regret any of the things I've been presented, but if you don't like something, change it up. I've had great mentors and (they) gave their time to help me establish who I am today, and that's why I volunteer."

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**University of Calgary bumps student fees by $450 to cover deficit**
Recently, the University of Calgary approved a non-academic fee of $450 to be rolled out over the next 3 years to cover several school services. The university's provost says at a time when uCalgary is posting a $37.6-million deficit, all parts of the institution have to help, including students. METRO NEWS SERVICES

# Workology

## U.S. distance ed enrollment up

According to a study published by the Instructional Technology Council, for the 2008-09 academic year, enrolment in distance education at community colleges in the U.S. grew 22 per cent over the 2007-08 school year, up from a growth rate of 11 per cent in the previous year. The report's author believes one reason that distance learning has grown more quickly at community colleges than it has in general is because community colleges are more enthusiastic about it than universities are. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# Local stores dominate the Village

Small Business City

RAFAEL BRUSILOW
for Metro Canada

**A true village to its core, Bloor West Village is a tight little microcosm of stores, schools and residential perks all designed to make the area self-sufficient.**

Located just northwest of High Park, the village, the neighbourhood is also home to Toronto's first and oldest business improvement areas (BIA), the Bloor West Village BIA, which claims to also be the first organization of its kind in the world.

No surprise then that a strong business community has long been a large part of what makes the village tick.

Since moving the family business here nearly four decades, Brown's Sports and Cycle (2447 Bloor St. W.) owner Steve Quennell has seen the village mature into a place that defies simple categorization.

"The Bloor West Village philosophy has always been not to be pigeonholed — it's not a 'Greektown' or a restaurant district, it's very much a small village within a larger community. There's a very diverse community here," Quennell said.

Residents of the village tend to be loyal to local businesses and strongly involved in local affairs, Quennell says.

"People really have that sense of community here. They feel they have that responsibility, that connection. Everyone seems to have an association with that pride and there's a lot of community involvement," Quennell said.

At specialty tea shop Say Tea (2362 Bloor St. W.), owner Krystyna Lawrence loves the fact that Bloor West Village is an easy place for small businesses to stay small. She used to be an accountant until six years ago she took over the store which this year celebrates its thirtieth anniversary in the neighbourhood.

"I don't want to be corporate at all and that's an easy thing to do here. We've actually been doing better than I thought we would, even given the recession," Lawrence said.

Still, challenges exist: Lawrence says a sizeable number of owners along the Bloor Street shopping stretch have been retiring recently but expects new, younger owners to continue to step in to fill the void.

Jozef Karol owns Fiddler's Dell Bar and Grill (781 Annette St.) in the northern part of the village, a family business passed down to him from his grandfather. He says the recent conversion of parking space along the nearby streets into bike lanes has been painful to businesses located away from Bloor Street but the support of local customers has kept him from moving.

"Businesses are definitely suffering due to the lack of parking here, that's definitely the biggest problem right now. But it is a very friendly neighbourhood and most of the customers here are local," Karol said.

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Clockwise from top: Krystyna Lawrence has owned Say Tea in the Bloor West Village for six years. Steve Quennell (inset), owner of Brown's Sports and Cycle, says the residents of the area are loyal to loyal businesses. Fiddler's Dell Bar and Grill has been in Josef Karol's family for three generations.

**Don't miss Spaces and Places!**

**Bloor West Village will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!**


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**Student group calls for health coverage for international students**

The Ontario chapter of the Canadian Federation of Students is calling for Ontario Health Insurance Plan coverage to be extended to international students, who have been excluded from OHIP since 1994. METRO NEWS SERVICES

# Bookleggers a growing problem

**Those on the hunt for student "bookleggers" trafficking in stolen texts at Canada's universities know the fraudsters come in all shapes and with all kinds of scams.**

It might be as subtle as Mr. Four-Eyes Pocket-Protector Flood Pants — traditionally a bigger fan of Ensign Chekhov than Anton Chekhov — trying to hock a tome of Russian plays.

Or it can be as obvious as the shifty-eyed undergrad in the dark glasses, with a fake ID, a hoodie over her head like a brooding Jedi, pawning the same anatomy textbook five times in five months and, unlike other students, not bothering to dicker over price.

Or it can be as galling as the student caught on security camera taking a textbook off the new-books shelf, delicately peeling off the price tag with his fingernail, then sauntering over to the buy-back table to sell it.

It's an age-old scam to defeat a program aimed at helping students buy the books they need without leaving them bankrupt. Many universities, which often sell new textbooks at $170 or more, will buy back some of the books at a reduced price and then resell them to other students looking to save some cash.

At the University of Alberta, the booklegging racket is small but growing. From January to March this year, there were 14 cases on campus, more than double compared with the same three-month period a year earlier.

"I think word just got out that, 'Hey, you can do this and make cash really quick,' so they started coming, getting their friends or affiliates onboard," says campus security officer Stephanie Hartwig.

She says it's not a Dickensian tale of grubby first-year urchins fencing books to put Kraft Dinner on the table.

"They seem to be well-off students, students who come from families who are able to afford their tuition easily," says Hartwig. "They want spending money."

She says the serial thieves have netted $500 or more, no small feat when you consider they are stealing a $200 textbook, then selling it for, say, $30.

"Some of them have done it over and over again and that's how they get caught. It raises red flags on the system," says Hartwig.

"They try and wear disguises. There's one girl, she would always put on a baseball cap, sunglasses and wear her hood up, and she never looked the sales clerk in the eye. She came in three and four times like that. That raised a lot of red flags.

At the University of British Columbia, bookleggers number about one or two a year, still enough for staff to keep their eyes peeled, says Debbie Harvie, says who oversees the UBC bookstore.

"Sometimes it is a ring. We noticed a couple of individuals recently. There was a spotter and person trying to take the books."

The bigger problem, she says, remains shoplifting. In January to April 2009, they caught 11 shoplifters; this year they had 14.

"Of more concern is (the fact the shoplifters) often have the money in their wallets. I think sometimes it's a crime of opportunity," says Harvie. "A lot of times they think nobody would notice. (Once they're caught) there are a lot of tears and (a lot of), 'Please don't call the police,' but it is our policy to call police because it's part of the education process on shoplifting."

THE CANADIAN PRESS

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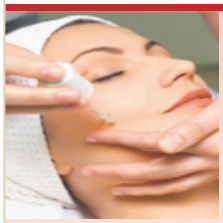

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**College graduates getting jobs, employers happy with hires: Study**

According to Key Performance Indicators data released yesterday for Ontario colleges, nearly 85 per cent of the 2008-09 graduates found work within six months following graduation. 93 per cent of employers were satisfied or very satisfied with the quality of college graduates they hired. METRO NEWS SERVICES

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# Grad hiring steady, pay up

**New grads face tough market, but the pay's good.**

CareerBuilder's Annual Job Forecast finds the overall job market for 2010 college graduates will remain highly competitive, but is showing some signs of improvement.

The total number of employers planning to hire recent college graduates in 2010 — 44 per cent — is relatively unchanged from 43 per cent in 2009 and is down from a high of 79 per cent in 2007. However, one-in-five employers (21 per cent) who are hiring recent college graduates said they will hire more than they did last year. Sixteen per cent also reported they will offer higher starting salaries than they did in 2009, an improvement from 11 per cent in last year's survey.

Thirty per cent of employers plan to offer recent college graduates starting salaries ranging between $30,000 and $40,000. An additional 19 per cent will offer between $40,000 and $50,000, and 19 percent will offer $50,000 or more. Thirty-three percent will offer less than $30,000.

"Even though companies are gradually starting to hire again, the job market will still be challenging for college graduates this year," said Brent Rasmussen, President of CareerBuilder North America. "To take advantage of the opportunities that exist, it's important for recent graduates to start their search early, remain positive and keep an open mind.

"In addition, networking and showing relevant work experience — whether it is internships, class work or volunteering — can help make your application stand out."

While employers said that experience is one of the most influential factors in their decision to hire a recent college graduate, they also pointed to the following attributes:

- Good fit with company culture
- Comes in with good ideas and asks good questions
- Educational background
- Level of enthusiasm
- Comes to interview prepared, is knowledgeable about company

Rasmussen offers the following tips for recent college graduates searching for jobs:

Show relevant experience: Even if you don't have years of professional work experience, be sure to include other related experiences — like community involvement or campus activities — on your resume. Employers value a wide range of different experiences. Don't forget to draw a connection from these experiences to the position to show how your skills apply to the job.

Leverage social media: Use your familiarity with social media to help supplement your job search. Promote your personal brand, skills and strengths on different social networking sites like Facebook and Brightfuse.com so you can reach the widest and most diverse audience of networking contacts and potential employers. Remember to clean up any digital dirt to ensure you convey a professional image.

Be flexible: In a challenging job market, some recent college graduates may need to be open-minded in their employment search. Look outside your immediate major, consider internships and temporary work and think about relocation to help land a position.

METRO NEWS SERVICES

## Other types of work experience

- Employers reported that the following activities qualify as pertinent work experience for recent college graduates to include on their resumes:
- Internships — 62 per cent
- Part-time jobs in another area or field — 50 per cent
- Volunteer work — 40 per cent
- Class work — 31 per cent
- Involvement in school organizations — 23 per cent
- Involvement in managing activities for sororities and fraternities — 21 per cent
- Participation in sports — 13 per cent

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# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

# Nail news for a new season

JANINE FALCON
for Metro Canada

**From trendy shades to no-soak manis to long-lasting pro finishes that require little or no drying time, nail adornment has become the new lipstick.**

**HUE, ONLY BETTER**

When nail colour went to the dark side after forever of no-notice neutrals, nails gained new beauty footing and is showing no sign of backing down.

"Polish is that affordable luxury moms can pick up for a few bucks when they're shopping for their kids," says Ann Tall, vice-president of retail sales for drugstore brand Nicole by OPI.

"And a great colour gets compliments!"

A Spring hit is Make Mine Mint ($10.49), an unabashed bright green shimmer. Also expected to shine is the limited-edition Gossip Girl collection, due in August, which includes a shimmery green-tinged navy called Too Rich For You.

Nicole by OPI in Make Mine Lime, $10.49 at drugstores and Walmart

At the salon, taupey-grey is still strong with OPI's You Don't Know Jacques ($10.95) in the lead, says Leeanne Colley, owner of Tips Nail Bar & Spa in Toronto.

Also hot: Bright coral, such as China Glaze's Sneaker Head ($6.60), clear exuberant red, like OPI Red My Fortune Cookie, and orange à la Prada's Spring runway lip.

China Glaze Nail Lacquer in Sneaker Head, $6.60 at select salons

**DRY RUN**

A "dry" manicure isn't new — Colley's been doing them for about 15 years — but it's relatively uncommon. The concept is simple: a regular mani, but no finger soaking before polish.

"Soaking makes the nails expand," explains Colley.

By the time they revert to pre-waterlogged form, the polish is already on, dry, and, undermined by nail shrinkage, chip prone.

"A dry manicure, depending on the client, should give at least an additional two or three days."

PHOTO CREDIT: KIMMIE KYEES

Trendsetter Rihanna in Pink with Golden Moons Minx, by celeb manicurist Kimmie Kyees for the Rude Boy Video.

Minx is a different kind of dry. Adhesive film rather than polish, Minx requires a pro for precise application and a heat lamp to seal it to the nail in a zero drying-time finish.

"I have clients who got two weeks' wear," raves celeb makeup artist Andrea Claire (andreaclaire.onsugar.com), who recently Minxed up Hillary Scott of Lady Antebellum. Available in an array of nail looks from standard to outrageous — think multi-colour, animal prints, lace and plaid — Minx is hot with celebs such as Katy Perry, Beyoncé, Lady Gaga and Rhianna. From $55; minxnails.com for salons.

**YOU GELLIN'?**

About a year ago gel nails got an update with OPI Axxium Soak-Off Gel Lacquer, a thinner, flexible alternative to standard gel and acrylic. Designed for natural nails, it's available clear and in an edited range of OPI shades.

Pre-gel nails need a bit of a rough surface-buff to improve adhesion, but the key, says skilled esthetician Rita Remark, is a light touch. Each coat — base, two of colour and one top — requires a few minutes under a UV lamp to cure the gel.

After the last step, nails are completely dry with a no-chip durable finish that lasts "as long as three manicures," says Remark, also of Tips, where the service starts at $50. Removal requires a 30-minute soak-off salon visit.

New in salons this May from Creative Nail Design is a polish/gel hybrid called Shellac, which promises to last two weeks.

Like Axxium, it requires UV light to cure the polish and dries in minutes. Removal is down to about 10 minutes, with acetone. Expect cost to be comparable to Minx and Axxium.

## Hot little pinkies

OPI Nail Lacquer in A Good Man-darin is Hard to Find, $10.49 at salons

Essie nail polish in Chinchilly, $10.50 at salons

PHOTOS PROVIDED

Clarins Glossy Nail Colour in Red, $19 at department stores

L'Oréal Paris Pro Manicure in Mango, $5.95 at drugstores

Sally Hansen Complete Salon Manicure in Commander in Chic, $7.95 at drugstores

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Nurturing the body, mind and spirit as a whole can help facilitate recovery and diminish the risk of recurrence of cancer in patients.

# Treating cancer holistically

CELIA MILNE
for Metro Canada

**Have you ever received a prescription for meditation? That's right: Meditation, not medication.**

A health centre in Vancouver especially for cancer patients promotes the idea of getting well by pursuing meditation, mindfulness, relaxation, eating well, fitness and even laughter in addition to regular cancer treatments. And studies show this program really works.

"Engaging in healthy living is treatment," says Dr. Teresa Clarke, one of four medical doctors at InspireHealth.

"Our 'prescription' could take a page and a half," she says.

InspireHealth integrates the concepts of health and healing into cancer treatment and recovery.

The idea is to empower patients to play an active role in their health.

"People who do follow an integrated approach in addition to surgery, chemotherapy and radiation, have a better quality of life and health outcomes," says Clarke, who is director of outreach services at the centre.

"It's important to look after the rest of the person."

Studies show an integrated approach can reduce risk of recurrence, improve survival and increase quality of life.

Founded in 1997 by two medical doctors, InspireHealth has now served more than 5,000 cancer patients.

The first appointment with a doctor is 90 minutes, and patients discuss all aspects of their lives — how are they doing in terms of nutrition, exercise, mind-body practice, relationships, laughter, joy, spirit and passion.

**"People who do follow an integrated approach in addition to surgery, chemotherapy and radiation, have a better quality of life and health outcomes."**
Dr. Teresa Clarke
a medical doctor at InspireHealth

Patients then enrol in a $440, two-day LIFE program to learn how to integrate many of these healing practices into their life.

Vitamin supplementation is an important part of InspireHealth's treatment programs.

For instance, there is solid evidence that getting sufficient amounts of vitamin D can decrease risk of certain diseases such as multiple sclerosis, cancer and cardiovascular disease, says Clarke. InspireHealth recommends cancer patients take 2,000 I.U. per day of vitamin D.

The services of the four doctors who work at InspireHealth are covered by the B.C. Ministry of Health, so the program is quite unique in Canada.

Patients come from as far away as Newfoundland and P.E.I.

"Interest is taking off across the country," says Clarke.

Other aspects of patients' health often get better when they engage in the integrated program, including rheumatoid arthritis, depression, asthma, cardiovascular disease, high blood pressure, diabetes and high cholesterol, says Clarke.

"You don't have to wait until you have the shock of a diagnosis of cancer. We all need to look at our lives and see where we can nurture our body, mind and spirit.

"Get at the underlying cause of disease. It applies to everybody in the population."

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# Oil aboard, everyone

## The lowdown on botanical and essential oils

JANINE FALCON
for Metro Canada

Not all oils are created equally. Educate yourself on what's good for what before using them.

**Part of our growing determination to take a more natural approach to beauty is a renewed interest in botanical (plant-based) oils.**

"They're excellent moisturizers, nourishing for skin and hair," says Alana Decourt, aesthetician at Haven Spa in Sidney, B.C.

"Oils are the main ingredients in many leading skincare products, and have been used in body care for centuries."

Oils such as argan, olive, coconut, rosehip and sea buckthorn are rich in fatty acids (lipids) as well as other vitamins, proteins and minerals, which the skin needs to stay supple and healthy.

Essential oils, so named because they're considered the "essence" of the fragrant plant from which they're distilled, can also contribute to well-being via their aromatic properties. Lavender and peppermint are examples.

**"Essential oils are ideal for diffusers, and can also be added to the bath. But before embarking on an intensive oil-up regimen, consult a trained aromatherapist."**

Decourt, whose intuitive touch has blissed-out the likes of Halle Berry and Jessica Biel, recommends using moisturizing oils after a bath and exfoliation.

Essential oils are ideal for diffusers, and can also be added to the bath. But before embarking on an intensive oil-up regimen, consult a trained aromatherapist, she cautions. Some oils are more potent than you might think.

"Risks can be as minor as triggering a breakout, or as serious as aggravating existing health conditions," explains Rose Husen, a registered massage therapist at Concepts Salon & Spa in Toronto.

In addition to researching how certain oils can affect certain conditions, such as hypoglycemia, high blood pressure or pregnancy, be aware that most oils should not be used undiluted.

"Direct contact with the skin can cause irritation and burn," she says.

"You need a carrier."

Unless you're sourcing oils from specialty stores, you'll find most oil-based beauty products are blended with skin-friendly carrier oils, such as sweet almond, grapeseed, avocado, olive, sesame, sunflower and jojoba. Cocoa butter and shea butter also serve as excellent carrier agents.

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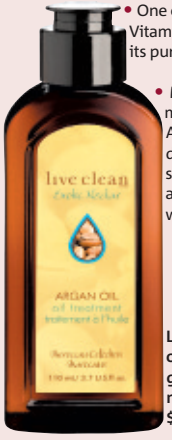
## An argan aside

**Detangling the facts on one of the most popular oils around**




Live Clean Exotic Nectar Argan Oil Treatment (left) $11.99.

• One of the hottest oils right now is argan. High in Vitamin E and moisturizing lipids, it can be used in its pure form on skin and hair.

• Moroccanoil, however, a popular hair treatment, is sometimes confused with argan oil. Although it contains some argan, which does come from Morocco, the bulk of the serum's formula is actually silicone, which is key to detangling and glossing dry, unruly and brittle hair. Live Clean Exotic Nectar Argan Oil hair treatment is a silicone-free blend of botanical ingredients that includes argan, grape seed and olive oils.

• Like Moroccanoil, despite its texture, it's a serum, not an oil. Unlike silicone products, which deliver immediate payoff, this one needs time to impart its benefits.

JANINE FALCON/FOR METRO CANADA

Moroccanoil Oil Treatment (right) $39, both at drugstores

PHOTO CREDIT

Josie Maran Argan Oil, $58 at Sephora

Burt's Bees Vitamin E Body & Bath Oil, $9.99 at drugstores

JR Watkins Mango Body Oil, $7.99 at drugstores, jrwatkins.com

Dr. Hauschka Birch Arnica Body Oil for sore muscles, $22.95 at Sephora

Lancôme Nutrix Royal Body Dry Body Oil, $55 at department stores

Palmer's Cocoa Butter Formula Moisturizing Body Oil, $7.99 at drugstores

Weleda Sea Buckthorn Oil, $22.99 at well.ca

Yves Rocher Night Time Body Oil, $22, yves-rocher.ca

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# Guys gettin' groomed

## Finding the balance between macho and maintenance

The J Spot

Josey Vogels
metronews.ca/thejspot

My guy's not really the spa type. I just can't see him getting excited about a "Pumpkin Peel" or a "Contouring Body Wrap," but treatments like these available specifically for men at Vancouver's Absolute Spas are becoming more and more popular.

The sexy Burt Reynolds chest rug of the '70s is long gone. With the rise of the Metrosexual in the '90s and the more recent trend of "manscaping," seems men are getting massaged, waxed, polished and, well quite frankly, acting like a bunch of girls.

Men now make up nearly a third of all spa-goers, according to the International Spa Association, which oddly seems to only carry stats on U.S. spas. The Canadian Spa Association didn't have stats but one can assume more and more Canadian guys are also getting massaged, waxed and polished.

Personally, I'm quietly impressed by a guy who's confident enough in his masculinity to have his dry skin buffed by microbeads of volcanic pumice as they do in the Defense Zone Facial for Men at The Camelback Inn in Arizona.

And frankly, women have long known that you have to be tough as well-manicured nails to endure a genital waxing.

While there seems to be some concern that all this primping and pampering is threatening more traditional notions of masculinity — real men are hairy, smell like horses, and don't fuss over their looks — I think it's about time.

Given the work women have been putting into their appearances for ages, it only seems fair that guys at least worry a little bit about, oh, I don't know, their back hair.

Still, there's a fine line, it seems, between maintenance and high-maintenance when it comes to male grooming.

As my cousin's daughter, Angela Vogels put it: "It's nice if men put some effort into their appearance but high maintenance men are a turn-off. I like to be the prettiest one in the relationship."

That fine line is emphasized by the fact that most spas clearly try to make the experience as "ungirly" as possible with manly sounding packaging like the Tough Guys spa package at Ocean Key Resort & Spa in Key West, Florida or the The Gentlemen's Urban Defense Facial at the Four Seasons Hotel Chicago.

The Men's Zone Spa at Caesar's Palace in Las Vegas features a big screen TV so guys can get pampered while watching the game. They can even bet while they get buffed.

The insane popularity of the brilliant Old Spice campaign launched recently (check it out oldspice.com/videos) is the perfect example of this new masculinity.

Today's man is manly enough to ride a horse backwards or sail a yacht but sensitive enough to buy us diamonds and offer us two tickets to that thing you love.

**"The Men's Zone Spa at Caesar's Palace in Las Vegas features a big screen TV so guys can get pampered while watching the game. They can even bet while they get buffed."**

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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## The Relaxation Response

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Starting at your feet, concentrate on deeply relaxing each of your muscles, right up to your head.
4. Breathe through your nose; become aware of your breathing, saying the word "one" over and over again as you breathe out.
5. Continue this for 10 to 20 minutes.
6. When distracting thoughts occur, don't dwell on them. Return to repeating "one."
7. Don't try too hard to relax. Let it happen on its own.

Dr. Benson suggests practising this once or twice a day to relieve stress.

You don't have to spend a lot of money on fancy treatments to de-stress; you just have to make the time for yourself. And learn to relax. Dr. Herbert Benson, founder of the Mind Body Medical Institute at Harvard Medical School, has spent decades studying and teaching the relaxation response, which is a physical state of deep rest that changes your physical and emotional responses to stress. It's the opposite of the fight or flight response, he says. Here are the basics, adapted from the Institute's website.

CELIA MILNE/FOR METRO CANADA

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**Jack Daniel's quick cocktails**

Jack Daniel's introduces new ready-to-drink cocktails this month. They will be available in four-packs of 355ml cans ($10.95 each) and will be offered in three varieties: Jack & Cola, Jack & Lemonade and Jack & Iced Tea. METRO NEWS SERVICES

# Food

## Add fruit to your dinner plate

**If you found it hard to get the five daily servings of produce you've been told for years you need, you'll probably find it even harder to get the seven to 10 servings recommended by Canada's Food Guide. But adding a fruit chutney or compote to your dinner plate — rather than just over a dessert — can help nudge you along. Chutneys and compotes are both good choices, especially between seasons when fruits aren't necessarily at their best.** THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# A fresh blend of seafood

### Mediterranean Seafood Stew

SERVES 6

**INGREDIENTS:**

- 1 medium onion, finely chopped
- 1 1/2 tsp minced garlic, divided
- 1 Tbsp olive oil
- 250 g plum tomatoes, seeded and diced
- 1 tsp grated lemon peel
- 1/4 tsp crushed red pepper flakes
- 1 cup clam juice
- 1/3 cup white wine
- 1 Tbsp tomato paste
- 1/2 tsp salt
- 500 g red snapper fillets, cubed
- 500 g uncooked large shrimp, peeled and deveined
- 250 g sea scallops
- 1/3 cup minced fresh parsley
- 1/3 cup light mayonnaise

**METHOD:**

1. In Dutch oven, sauté onion and 1/2 tsp garlic in oil until tender. Add tomatoes, lemon peel and pepper flakes; cook and stir 2 minutes.

2. Add clam juice and wine, tomato paste and salt. Bring to boil. Reduce heat; cover and simmer 10 minutes or until heated through.

3. Add fish, shrimp, scallops and parsley. Cover and cook 8-10 minutes or until fish flakes easily with fork, shrimp turn pink and scallops are opaque. Combine mayonnaise and remaining garlic; dollop onto each serving.

Pineapple Buttermilk Sorbet.

### Corn Salsa Tostadas

YIELDS THREE DOZEN

**INGREDIENTS:**

- 3 flour tortillas
- 3/4 cup light sour cream
- 3 tsp minced cilantro, divided
- 2 scallions, finely chopped
- 1/4 tsp garlic powder
- 3/4 cup fresh or frozen corn, thawed
- 1 plum tomato, diced
- 1 Tbsp chopped jalapeno pepper
- 2 Tbsp orange juice
- 1 tsp canola oil
- 1/2 tsp salt

**METHOD**

1. Using 2-in. round cookie cutter, cut 12 circles from each tortilla. Coat both sides of circles with nonstick cooking spray. Place in single layer on baking sheet. Bake at 400°F (200°C) 4-5 minutes or until crisp. Cool.

Mediterranean Seafood Stew.

2. In small bowl, combine sour cream, 1 tsp cilantro, onions and garlic powder; cover and refrigerate. In another bowl, combine corn, tomato, jalapeno, orange juice, oil, salt and remaining cilantro; cover and refrigerate.

3. Just before serving, spread 1 tsp sour cream mixture over each tostada. Using slotted spoon, top each with teaspoonful of corn salsa.

### Pineapple Buttermilk Sorbet

SERVES 10

**INGREDIENTS:**

- 2 cups 1% buttermilk
- 540-ml can unsweetened crushed pineapple, undrained
- 3/4 cup sugar

**METHOD**

1. In bowl, combine all ingredients; stir until sugar is dissolved. Pour into 9-in. square dish. Cover and freeze 1 to 1 1/2 hours or until mixture begins to harden.

2. Stir; freeze 3-4 hours longer or until firm, stirring occasionally. Remove from freezer 20-25 minutes before serving.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

## LiquidAssets

**Peter Rockwell**

metronews.ca/liquidassets

### Grill-friendly

Though my barbecue sits out on my back deck all year long it really only sees action in the spring and summer. Not so on my neighbour's porch. The blizzard of the century could be hitting town and he'd still be out there grilling breakfast, lunch and dinner.

I take my barbecuing cue (pun intended) from the yearly time changes. But even though she's been on active duty for a few weeks, I still haven't done much more than flip a few burgers.

Wine wise there's nothing wrong with that. Simple grilled meats work well with any number of liquid partners and hamburgers (even loaded with eclectically flavoured condiments) call for easy-to-drink, straightforward wines with a slant towards the red side.

In the decade of the 00s the go-to burger wine was the Yellow Tail Shiraz ($11.95 - $12.99) from Australia's Casella Wines. The current 2008 is in line with previous vintages; offering bright, jammy berry fruit flavours and a subtle smokiness.

This decade Argentina's **Zuccardi Fuzion Shiraz Malbec** ($7.45 - $9.99) is hot on Yellow Tail's tail with its bargain basement price and dark and spicy profile. The just released 2009 vintage is as laid back and grill-friendly as the 2008.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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**Annual cake show**
Wedding cake designer Bonnie Gordon will host the second annual Cake Show at the Artscape Wychwood Barns on this Sunday at 12 p.m. Proceeds from the event will be donated to The Stop Community Food Centre. METRO NEWS SERVICES

# The *skinny* on French cooking

## Guiliano recipes remind us to eat slowly, laugh and share

CELIA MILNE
for Metro Canada

**Mireille Guiliano — of French Women Don't Get Fat fame — has that lovely French accent that, when describing food, makes you dream of sitting on a sunny Parisian patio noshing on a baguette and stinky cheese while sipping a heaping glass of vin rouge.**

Guiliano is at it again: Trying to get Americans and Canadians to slow down and enjoy their food. She's just published The French Women Don't Get Fat Cookbook (Atria Books) and is currently on tour promoting it.

Metro caught up with her on the phone and asked her why French women don't get fat. "They cook," was her short answer.

The longer version is that the French have 300-plus years of gastronomy and rituals to guide them. A lot of it is not conscious, she says. "It comes from our mothers and the grandmothers."

As she sees it, zipping back and forth between Manhattan and Paris, North Americans are fascinated but afraid of food, forever dieting and restricting. French women eat a wider variety of foods, but in small quantities, and make special time to cook and eat.

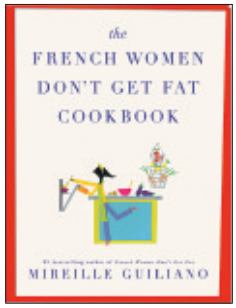
**The French Women Don't Get Fat Cookbook hits stores next Tuesday**

"To connect with food, you have to go to the market, feel it, taste it, smell it. Eat food that is local and seasonal. That's the way we eat in France," she says.

"You don't need huge piles of food," says Guiliano, who has written several books — this is the first cookbook — in the French Women Don't Get Fat series. "Don't eat in a hurry. The average American eats a meal in four to eight minutes. It takes 20 minutes for your brain to realize you are full," she says. "If you eat fast, those are wasted calories. You gulp it down. You gain weight."

It's a bad habit, for instance, to eat lunch at your desk while multitasking. "Eat slowly. Chew. Put your fork down between bites. Use all your senses." Guiliano has been on Oprah, Dateline and the Today Show spreading her message.

The French Women Don't Get Fat Cookbook, with 150 recipes, reminds us to eat, laugh and share. Guiliano is particularly proud of the Miracle Leak Soup — good for detoxing and sure to shave off several pounds in one weekend. "Soup is filling and it is mostly water, so it's very good for you."




Above all, fear not. "Cooking is an act of love, self-expression, nourishment, seduction, relaxation. It is a sexy like a kiss. A union between human beings, engaging all one's senses. It's like playing jazz; you can never cook the same dish twice. Cooking and sitting at the table is more than eating. It's laughter, sharing, connecting. People have forgotten."

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ANDREW FRENCH PHOTO

The best-selling author of French Women Don't Get Fat, Mireille Guiliano, releases her follow-up cookbook this month. The book contains 150 recipes, including meals that can help you detox.

## Typo calls for 'freshly ground black people'

**BOOK** An Australian publisher is reprinting 7,000 cookbooks over a recipe for pasta with "salt and freshly ground black people."

Penguin Group Australia's head of publishing, Bob Sessions, acknowledged the proofreader should have caught the "silly mistake."

He told The Sydney Morning Herald for a story printed Saturday that, "We're mortified that this has become an issue of any kind and why anyone would be offended, we don't know."

The typo was in the Pasta Bible recipe for spelt tagliatelle with sardines and prosciutto.

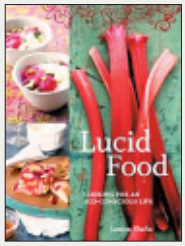
Sessions said the publisher would replace the book for any buyer "small-minded enough" to complain.

THE ASSOCIATED PRESS

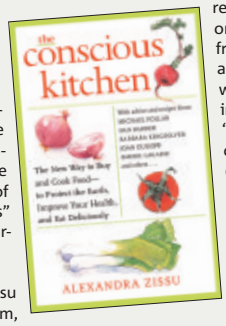
## Getting green in the kitchen is hot: The latest books on food and eco-living

Even as we celebrate the 40th anniversary of Earth Day, many of us still don't know entirely what it means to "go green."

But a stack of new food-oriented books tries to supply the answers — at least for the kitchen — and offer a roadmap for buying, cooking and eating in a more environmentally astute way.




• **The Conscious Kitchen:** The Conscious Kitchen provides a concise primer on navigating the "avalanche of 'green' choices" in the food marketplace.




Author Alexandra Zissu packs the slim, easy-to-use volume with practical information. And though she offers a handful of recipes from eco-gurus such as Michael Pollan, Deborah Madison, Dan Barber and others, this is a guidebook, not a cookbook.

From convenience store to farmers market, the author guides readers on making eco-friendly decisions, and even supplies wallet-sized sliding scales of "best" to "worst" options for everything from fruit to meat to wine.

• **Easy Green Organic:** Easy Green Organic joins attractive recipes with gorgeous photography and easily implemented advice.

Author Anna Getty discusses reducing waste in your kitchen (minus her recommendation of the jarred barbecue sauce!) and pesticides in the earth, and offers small steps everyone can take, like buying local produce and filling the dishwasher completely before running it.

Many recipes promise big flavour with minimal effort and waste. Double lemon chicken breasts use the fruit's zest and juice, and reduce cooking time by pounding the meat thin.

• **Lucid Food:** With earthy tones and recipes organized by season, Lucid Food becomes a year-round guide to cooking in rhythm with the earth.

Author Louisa Shafia combines the requisite tips — buy local, eat less meat, reduce waste — with unusual recipes that take the stress out of incorporating conscious practices into your daily life.

For spring, eggs and new potatoes with green olive pesto contrasts the richness of farm-fresh eggs with the tang of olives and vinegar in a twist on potato salad.

Orecchiette with morels and garlic ramps brings the farmers market — or a foraging expedition — to your mouth.

• **Edible:** For farmers market junkies, Edible illuminates America's agricultural regions with essays on local foods and the people who produce them.

Compiled by the co-founders of Edible Communities Publications, the book gives your palate a tour of the U.S. with recipes including Hawaiian ahi-ono-avocado poke, Vermont cheddar ale soup, and creamy pumpkin grits from Tennessee.

THE ASSOCIATED PRESS

**Skarsgaard restrained by police, report says**

True Blood star Alexander Skarsgaard was allegedly restrained by police Saturday at the Coachella Music Festival. Pacific Coast News reports the actor was photographed being held back by a police officer, fists clenched, after he became angered by a paparazzo. USMAGAZINE.COM

# Entertainment

**Family ties**

Gwyneth Paltrow will no longer be playing Nicole Kidman's wife in The Danish Girl after deciding she would rather spend more time with her family, the actress tells Harper's Bazaar. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

# Plants and Animals amp it up

## Montreal band shakes jam label on new disc La La Land

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Attention Plants and Animals fans: The band would like to declare that the genre they now fit into is BBQ rock.

It's anyone's guess what that is, but one thing's for sure: it's as meaningless as that other tag they've lived with over the last couple of years — jam band.

I've never quite been able to figure out why they were slapped with the jam rock title, and neither have they.

"We didn't understand how that happened," says guitarist and vocalist Warren Spicer. "We don't really jam out that much."

It probably started after someone saw the Montreal-based band's live show, where they often jam out on Guru, a nearly seven-minute track off the group's Polaris-nominated debut Parc Avenue. The title hasn't hurt the group, says Spicer; if anything, it introduced them to an audience they otherwise wouldn't have reached. Those fans may be bit disappointed then to find the new record, La La Land, is a heavier affair. They employ plenty of electric guitar and move from alt-rock on American Idol (which includes a hilarious sax solo) to light soulful sounds on Kon Tiki.

La La Land, the followup to Plants and Animals' Polaris-nominated album Parc Avenue, is out today.

Besides more distortion, the new record doesn't shift styles in a major way, though Spicer does admit spending two years on the road with his bandmates — drummer Matthew Woodley and bassist/keyboardist Nicolas Basque — did have an effect on their sound.

"When we did the first record we were all working day jobs and trying to figure out how to record," he says.

"When we toured we played the songs a lot more electric." Spicer says. "I got geeked out and started getting into pedal."

There's no doubt that this album is better. They've ditched their Radiohead-like atmospherics, African drums and most of the airy sounds, but kept the lush harmonies and upbeat rock that is best illustrated on Parc Avenue's Bye Bye Bye.

It's not all great, however. Opener Tom Cruz is sluggish and weighed down in a dense layer of guitars, keys and brooding vocals. But the single The Mama Papa is an excellent and uplifting radio-friendly rock track that may very well push these guys into the mainstream.

In any case, Plants and Animals are moving in the right direction. If they need to do anything, it's learn how to answer questions about weird titles. But this time it's not a genre, but the song Tom Cruz.

"We could have changed it to avoid being asked that," says Spicer with a laugh. "It doesn't mean anything. We were just so psyched to be in the studio that we were drinking rum and Cokes and jumping around like Tom Cruise."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

### In Concert

- Plants and Animals play a free show at Toronto's Horseshoe Tavern tonight.

## DVD picks

### Avatar

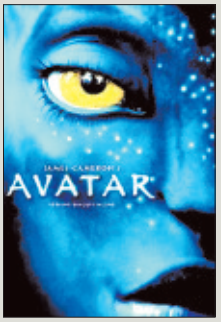
**Director: James Cameron**

**WOULDN'T YOU THINK** that the DVD release of Avatar, The Movie That Changed The Face Of Cinema™, would be an occasion to bang the drums, blow the trumpets and give critics an advance look at the product?

Not according to director James Cameron and Jon Landau, who have opted to go the no-peeking route in advance of Thursday's home video rollout of their multi-billion-dollar baby. They don't want to give any more of a head start to the pirates — Landau calls Avatar the "most bootlegged film in history" — but they insist it will be worth the wait.

It might be, if you dampen expectations considerably. The regular DVD and Blu-ray packages will both be missing the 3-D experience that made Avatar the most successful movie in history. You'll also have to use a computer rather than a DVD player, if you want to make use of the very few special features.

Cameron hasn't reinvented the wheel or found a new way to butter popcorn with his epic space fantasy. What he has done is successfully made a digital blockbuster feel as warm as an old-time movie, where blood temperature was more important than pixels.




He's created an alien world called Pandora that seems completely real, although it's lit like a fluorescent painting and populated by semi-naked blue aliens called Na'vi, who stand 10 feet tall and wave long tails.

Their numbers come to include Earthling Jake Sully (Australia's Sam Worthington), a paralyzed U.S. Marine, whose human form remains in suspended animation while his life force assumes the form of a Na'vi warrior.

This complicates allegiances on both sides, especially when Sully catches the eye of winsome female Na'vi archer Neytiri (Star Trek's Zoë Saldana). She helps negotiate the many fearsome animals roaming Pandora, especially winged dragons known as the Banshee, which riders must risk their lives to tame.

Cameron may have spent too much time on the look of the film, and not enough on the story, though he claims to have been writing it since 1994.

This saga of a so-called civilized man joining a not-so-primitive tribe is hardly original, and early suggestions that Avatar would play like an interplanetary Dances With Wolves have been largely borne out.

Narrative beefs aside, Cameron stands second to none in his drawing of heroes (and heroines) and villains, and he's a dab hand at placing romance within catastrophe.

By casting the relative unknowns Worthington and Saldana as the film's protagonists and lovers, he's found good actors who don't distract with any Hollywood notoriety.

And he's given them a crackerjack villain in Stephen Lang's Col. Miles Quaritch, a Sgt. Fury type who firmly believes in shooting first and asking questions later.

There are no deleted or extended scenes or director's commentaries. We'll have to wait for the inevitable special edition release of Avatar, which could be in 3-D.

**Peter Howell/for Metro Canada**

**Special guest**
Folks! Get ready for a spirited debate this Thursday on The View — U.S. Vice President Joe Biden will sit down with the ladies for a live appearance, the show announced Monday morning. POPEATER.COM

# Drake feels love after Juno wins

**MUSIC** When Drake stormed into St. John's for the Junos, winning two awards and taking the stage for three separate performances, the 23-year-old best new artist winner really looked more like a calm, seasoned vet.

And, in fact, he does have some uncommon experience: he's one of an exclusive club of Canadian artists who appeared at the Grammys before his own hometown show.

In January, he didn't win in either of the two categories he was nominated in but provided one of the show's highlights with a performance of his Forever with Lil Wayne and Eminem. So how did the two experiences compare?

"The Grammys were very overwhelming," he said. "I was actually very sick that night, so it was a little disheartening at first. I was sort of nervous. I remember walking the carpet and I just got lost in the melee of people that were way more famous than me." THE CANADIAN PRESS

Drake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**Barrymore lauds Martin's coming out**

Drew Barrymore has praised Ricky Martin for coming out. "I celebrate what Ricky is doing because, we have to create a world for each other where acceptance is first and foremost," she said at the GLAAD Awards Saturday. FEMALEFIRST.CO.UK

# Caught in comic-book world

## Morgan follows up Watchmen with another fanboy favourite

NED EHRBAR
Metro World News

**After stealing the show as bitter antihero the Comedian in last year's Watchmen, Jeffrey Dean Morgan steps up as Clay, the leader of a group of double-crossed special forces soldiers in The Losers, another comic-book adaptation.**

He's making quite a name for himself in the comics world — though Grey's Anatomy fans may beg to differ — and it's not something he's exactly complaining about. Morgan sat down with Metro to talk about heavy research and the trouble with walking into comic book shops.

The Losers opens Friday

Jeffrey Dean Morgan steps up as comic-book character Clay in The Losers.

**Q Did you get a chance to read The Losers" before making the movie?**

A Absolutely. I picked up the comic books during the midst of the Watchmen stuff, and I remember going into a little comic book store in New York and I walked in and there were Comedian dolls and stuff all over the walls. It was a pretty surreal moment. And I was like, I need this comic book, The Losers, and immediately they were like, "Are you doing the movie?"

**Q So now if you buy a comic book, do people assume you're doing the movie?**

A I think they might. That's very possible. I'll go grab Wonder Woman tomorrow. [Laughs] Luckily this kind of audience has sort of embraced me. It's a good world to be in, so I'm really happy with it. So if I can go to a comic book store and people are excited to see me and wondering what I'm picking up, that's a cool deal.

**Q And you're starting a new movie that's not based on a comic book, right?**

A I start a project called The Fields, with myself and Sam Worthington. I've kind of been in preproduction doing my homework and research for that for the past month and a half, which has been very intense. We're playing two actual cops in Texas City, Texas, investigating these serial killings.

**Q How did you get that level of camaraderie in The Losers?**

A I think that was pure luck. Normally we'll sit and talk about how great the chemistry was with the cast, and that's usually bulls—. This truly was. As soon as we hit Puerto Rico and started the training process, we sort of just fell in love with each other. There weren't any egos, and we all had this very similar sense of humour.

Oksana Grigorieva

## Gibson's ex to perform for Chernobyl

**CHARITY** The Russian-born singer who split from actor Mel Gibson earlier this month said Monday she will perform a charity concert in Moscow to aid victims of the 1986 Chernobyl nuclear disaster.

Oksana Grigorieva said the concert proceeds will pay for vital surgery for children born in the area affected by radioactivity from the 1986 nuclear plant explosion and fire.

"Children's pain hurts me too," she told a news conference. "I always wanted to help children through music."

Grigorieva and Gibson split this month after a three-year romance.

THE ASSOCIATED PRESS

**Sharon's implants in Ozzy's hands**

Sharon Osbourne says she's having her breast implants removed this summer and will give them to her husband, rocker Ozzy Osbourne, as a paperweight. The 57-year-old reality TV star is currently competing on NBC's The Celebrity Apprentice. THE ASSOCIATED PRESS

# Where wild things are

## Bindi Irwin gets to save orca in new Free Willy

PHIL BROWN
for Metro Canada

**At only 11 years old Bindi Irwin has a career that would make most adults jealous.**

Daughter of the later Steve (The Crocodile Hunter) Irwin, she has hosted several television shows, recorded an album, worked at a variety of charity events, and now has her own movie.

**Free Willy: Escape From Pirate's Cove is out on DVD**

The pint-sized media personality stars in Free Willy: Escape From Pirate's Cove (out on DVD today) and recently visited the Toronto Zoo to promote the movie.

"I was happy to do it because I love all of the other Free Willy movies," Irwin told Metro. "But I was also really excited about the movie because it's about saving wildlife, which I hope will inspire people, especially other children."

Much like her parents before her, Bindi Irwin is passionate about wildlife conservation and his quite pleased to be in a movie that will spread her message.

**"I hope (this film) will inspire people, especially other children."**
Bindi Irwin

"In the movie I'm a little girl trying to save this orca that has washed into a lagoon and in real life I'm trying save the Steve Irwin Wildlife Reserve from being strip mined," revealed Irwin. "So it was wonderful doing this movie because I could relate to the character."

Bindi's love for animals is insatiable and the young actress enjoyed her trip to the Toronto Zoo, even if she didn't quite appreciate it in a conventional way.

"My mom and dad had been there before and they've bragged about it, so I'm so glad that I finally got to go," said Irwin.

"I was amazed by the beautiful polar bears and everything, but we were always stopping to look at the chipmunks and the squirrels because we don't have them in Australia. So it was funny because here we are at this amazing zoo looking at the chipmunks."

Bindi Irwin, right, stars in Free Willy: Escape From Pirate's Cove.

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**Moss bares all**

Kate Moss has posed naked for her boyfriend Jamie Hince. The 36-year-old stripped off for a series of sexy black and white images — where she is wearing nothing but a German Kaiser helmet — taken by her rocker lover. FEMALEFIRST.CO.UK


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# Alley hungry for sitcom return

## Big Life star angling for guest roles on Glee, Modern Family

**Kirstie Alley has found comedy in reality TV with A&E's Big Life. But she's still got her eye on scripted shows.**

Alley said she would adore guest roles on Glee and Modern Family and knows exactly what they should be. On Fox's show about a high school glee club, Alley could see herself as an acting coach in search of singing talent for a musical.

On ABC's Modern Family, she's itching for a more maternal part.

"I want to play the gay guy's mom," she said, referring to the heavyset character of Cameron, partner to Mitchell (actors Eric Stonestreet, Jesse Tyler Ferguson). "And they've got to do it quick, while I'm still plump."

As viewers of her Kirstie Alley's Big Life know, the actress is intent on shedding the pounds that have routinely landed her on the covers of what she dismisses as rag magazines.

Articles and photos that she says distort her and her life are part of the reason she decided to appear in her first reality series.

RICHARD KNAPP/THE ASSOCIATED PRESS

Actress Kirstie Alley sits on a yoga mat during a session with a trainer in a scene from the reality series Kirstie Alley's Big Life.

"Anything bad you can say about me, they say. I've never collapsed, fainted, passed out. Basically, anything they've said, I never. The only true thing is I got fat," Alley said.

She also sees the show as a vehicle to provide a realistic take on issues surrounding weight loss.

"I wanted people to watch the journey of it, instead of me showing up with, 'Oh, I'm skinny,'" said Alley, 59.

The ex-Jenny Craig spokeswoman, who regained weight she lost on the program, is aiming to drop 80 pounds through an organic regimen she's launched.

**"Anything bad you can say about me, they say. I've never collapsed, fainted, passed out. Basically, anything they've said, I never. The only true thing is I got fat."**
Kirstie Alley on tabloid reporting

THE ASSOCIATED PRESS

| to | Vu | SD | C | | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4/20/10 | 265 | 353 | 2 | TVO | The Choir (Part 3 of 4) | | The Agenda With Steve Paikin | | Unforgiven (N) | | 100 Greatest Discoveries | | Agenda-Paikin |
| primetime | 211 | 331 | 3 | GTV | Entertainment | ET Canada | NCIS "Faith" (HDTV) | | Glee (HDTV) (N) | | The Good Wife "Bad" | | News Hour |
| | 215 | 343 | 4 | OMN1 | Two/Half Men | The Office | Omni News: Italian Edition (N) | | Vivere V | Omni News: | Law & Order: Criminal Intent | | Metropia |
| | 210 | 302 | 6 | CBC | NHL Hockey Pittsburgh Penguins at Ottawa Senators. (HDTV) (Live) | | | | | National | NHL Hockey: Sharks at Avalanche | | |
| | 214 | 344 | 7 | CITY | Law & Order: SVU | | The Biggest Loser A contestant gets devastating news. | | | | Parenthood (HDTV) (N) | | News |
| | 212 | 313 | 8 | CTV | etalk | Access H. | American Idol | | Lost "The Last Recruit" | | Law & Order: SVU | | CTV News |
| | 218 | 345 | 11 | CHCH | *Summer City* ★★ (1977, Drama) John Jarratt. | | | *Diamonds Are Forever* ★★★ (1971, Action) Sean Connery, Jill St. John. | | | | | News at 11 (N) |
| | - | - | 14 | - | Family Guy | The Simpsons | Omni News: S. Asian Edition | | Omni News: Cantonese Edition | | Two/Half Men | King | Cold Case |
| | 213 | 326 | 15 | SUN | Old Christine | The Insider (N) | Last Bride | Positive Living | To Serve and Protect | | The Insider | Dream Car | Becker |
| | - | 387 | 16 | CBS | Inside Edition | Access H. | NCIS "Faith" (HDTV) | | NCIS: Los Angeles | | The Good Wife "Bad" | | News 4 at 11 |
| | - | 385 | 17 | NBC | Entertainment | The Insider (N) | The Biggest Loser A contestant gets devastating news. | | | | Parenthood (HDTV) (N) | | News |
| | - | 386 | 18 | ABC | Wheel Fortune | Jeopardy! (N) | Dancing With the Stars | | Lost "The Last Recruit" | | (10:02) V (HDTV) (N) | | News |
| | 219 | 346 | 20 | ACH-B | Degrassi: TNG | TMZ (N) | Dancing With the Stars | | The Middle | Old Christine | (10:02) V (HDTV) (N) | | A News |
| | - | - | 28 | FOX | Judge Judy (N) | Two/Half Men | American Idol | | Glee (HDTV) (N) | | Seinfeld | Two/Half Men | The Simpsons |
| | - | 388 | 61 | PBS | PBS NewsHour | Foot in Grave | NOVA (HDTV) (DVS) | | Frontline (HDTV) (DVS) | | Independent Lens (N) | | Business Rpt. |
| | 297 | 652 | 330 | WPX | Two/Half Men | Family Guy | 90210 (HDTV) | | Life Unexpected (HDTV) | | PIX News at Ten Tong. | | Two/Half Men |
| | 296 | 654 | 331 | SBK | The Insider (N) | Entertainment | Law & Order: SVU | | WBZ News (N) | '70s Show | Frasier | Frasier | The Office |
| | 298 | 653 | 332 | TLA | The Tyra Show (N) | | According-Jim | Family Guy | KTLA News | KTLA News | Two/Half Men | Two/Half Men | 90210 |
| news | 502 | 390 | 26 | NW | The Lang & O'Leary Exchange | | Connect with Mark Kelley (N) | | CBC News: The National | | CBC News: The National | | National |
| | 500 | 500 | 33 | CNN | John King, USA (N) | | Campbell Brown (N) | | Larry King Live (N) | | Anderson Cooper 360 (HDTV) (N) | | |
| | 509 | 504 | 79 | CNB | Kudlow Report (Live) | | Biography on CNBC | | Marijuana Inc.: Pot Industry | | Carbon Hunters | | Mad Money |
| sports | 405 | 417 | 22 | net | MLB Baseball Kansas City Royals at Toronto Blue Jays. From Rogers Centre in Toronto. | | | | | | Sportsnet Connected | | Hockeycentral |
| | 400 | 400 | 30 | TSN | (6:30) NHL Hockey Phoenix Coyotes at Detroit Red Wings. | | | | NHL Hockey Chicago Blackhawks at Nashville Predators. (HDTV) (Live) | | | | |
| | 411 | 457 | 58 | OLN | Ghost Hunters | | Destination Truth | | Oper. Repo | Oper. Repo | Ghost Hunters | | Destin. Truth |
| | 417 | 406 | 81 | SC | NASCAR | NASCAR Hub | Race in 60 (HDTV) (N) | | NASCAR Hall of Fame (HDTV) | | Dangerous Drives (HDTV) | | Pass Time |
| family | 551 | 542 | 25 | YTV | That's-Weird | Family Biz | Malcolm-Mid. | Hates Chris | 8 Simple Rules | Family Biz | To Be Indie | Family Biz | Prank Patrol |
| | 554 | 544 | 45 | TEL | Johnny Test | Total Drama | Total Drama | 6TEEN | Futurama | King of the Hill | American Dad | Futurama | Robot Chicken |
| | 556 | 540 | 51 | FAM | Sonny Chance | Suite Life | Overruled! | Han. Montana | Wizards-Place | Latest Buzz | Ned's School | Cory in House | That's-Raven |
| cable variety | 602 | 567 | 27 | W | Supernanny | | Style by Jury | Grocery Bag | Beauty Call | Style by Jury | How to Look Good Naked | | Beauty Call |
| | 570 | 580 | 29 | MM | Gossip Girl (HDTV) | | Degrassi: Next | Degrassi: Next | disBAND | Muchmusic Countdown | | | UR11 |
| | 615 | 520 | 31 | A&E | Criminal Minds (HDTV) | | Criminal Minds (HDTV) | | Criminal Minds (HDTV) | | Criminal Minds (HDTV) | | CSI: Miami |
| | 700 | 800 | 35 | TLN | Centrovetrine | Sky TG 24 | Distretto di Polizia | | David Rocco | Caritas | George Lopez | George Lopez | Lopez Tonight |
| | 571 | 581 | 36 | MMM | The Daily Fix | | Ranked! | | mmtop10.ca | | Hammertime | Gimme Sugar | Family Jewels |
| | 575 | 583 | 38 | CMT | Amer. Funniest Home Videos | | Reba | Reba | According-Jim | According-Jim | Home Improve. | Home Improve. | Meet-Wilsons |
| | 616 | 521 | 39 | SHO | Relic Hunter | | *Tell Me No Lies* (2007, Suspense) Kelly Rutherford. | | | | Californication | Secret Diary | NCIS |
| | 620 | 523 | 40 | BVO | Live at the Rehearsal Hall | | Audience Neil Diamond | | Bryan Ferry Dylanesque | | Spectacle: Elvis | | Law & Order |
| | 601 | 562 | 41 | SLC | Rich Bride Poor Bride | | Party Mamas | Party Mamas | Party Mamas | Wedding SOS | Wedding SOS | Wedding SOS | ET Canada |
| | 522 | 506 | 43 | HIS | Aftermath (HDTV) | | Cities of the Underworld | | Pawn Stars (N) | Pawn Stars (N) | Nostradamus Effect | | Weather |
| | 625 | 548 | 44 | COM | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | Flt.-Conchords | Awesome | Daily Show |
| | 600 | 564 | 46 | H&G | House Hunters | Property Virgin | Outdoor Room | Curb/Block | Sarah's House | Genevieve | House Hunters | House Hunters | Holmes-Homes |
| | 294 | 529 | 47 | TBS | MLB Baseball Philadelphia Phillies at Atlanta Braves. From Turner Field in Atlanta. | | | | | | Seinfeld | Name Is Earl | Law & Order |
| | 576 | 582 | 49 | BET | 106 & Park: BET's Top 10 Live | | *I Do... I Did!* (2009, Comedy) Cherie Johnson, April Scott. | | | | Tiny & Toya | Tiny & Toya | Mo'Nique |
| | 627 | 528 | 50 | SPC | Stargate Atlantis (DVS) | | Star Trek: Voyager | | Medium (HDTV) | | Fringe "White Tulip" (N) | | InnerSpace |
| | 581 | 566 | 52 | MTV | After | Cribs | Cribs | Green Day Rks | 16 and Pregnant "Lizzie" | | 16 and Pregnant (N) | | 16-Pregnant |
| | 618 | 524 | 54 | TROP | The Celebrity Apprentice (HDTV) (N) | | | | Dog Whisperer | | End of Leash | Last 10 | Tube Tales |
| | 603 | 561 | 56 | FOOD | Ricardo | Exotic | Dinner: Impossible (N) | | Chef Abroad | Chef Abroad | Chefs vs. City "Chicago" | | Restaurant |
| | 261 | 394 | 60 | V | Murder, She Wrote | | May-December | When I Laugh | SOUL | | Unscripted (N) | Crazy for Love | Poltergeist |
| | 621 | 527 | 63 | STR | Look-A-Like | TMZ | The Ellen DeGeneres Show (N) | | The View (HDTV) (N) | | The Dr. Oz Show (HDTV) | | TMZ |
| | 553 | 546 | 65 | TRE | Backyardigans | Night Garden | Waybuloo | Toopy & Binoo | Franklin | Babar | Little Bear | Toopy & Binoo | Max & Ruby |
| | 526 | 507 | 249 | VIVA | Cold Case | | Missing "Sea of Love" | | Medium | | Cold Case | | Psychic Inv. |
| | 300 | 601 | 301 | M1 | *Tortoise-Hare* | (7:25) *The Cove* (2009, Documentary) | | | *Julie & Julia* ★★★ (2009, Comedy-Drama) Meryl Streep. | | | | *Trailer Pa* |
| | 305 | 612 | 306 | PIX | *Exotica* ★★★ (1994, Drama) Bruce Greenwood. | | | | *The Longest Yard* ★★ (2005, Comedy) Adam Sandler. | | | | *Longest Yard* |
| | 520 | 146 | - | DISC | Daily Planet (N) | | How It's Made | How It's Made | Destroyed | Destroyed | Deadliest Catch "Slow Burn" | | Daily Planet |
| | 637 | - | - | TVLND | Red Green | Red Green | Fantasy Island | | Hart to Hart | | Andy Griffith | Phil Silvers | Bizarre |
| | 605 | - | - | FASH | FashionTelevision: Fashion | | FashionTele | RAW | FT Found Footage | | America's Next Top Model | | Fashion-Uncut |

## critics'corner

**Deadliest Catch**
Fans of Phil Harris, the captain of the F/V Cornelia Marie who died in February, can have the bittersweet experience of watching Harris still very much in his element as season six premieres. "Slow Burn" finds tensions running high as the 2009 king crab season begins — and someone ultimately crosses a line when the captains gather for their annual meeting. 10 PM on DIS

**NCIS: Los Angeles**
The murder of a recently released convict forces Callen to go undercover using an old alias, while Sam and the team track him from a distance in "Past Lives." 9 PM on CBS

**Parenthood**
Amber's ex-boyfriend, Damien (guest star Eddy Rioseco), arrives from Fresno, putting the family on high alert. Zeek takes Adam on a road trip for father-son bonding and a little investment advice. Julia and Joel fear that Sydney may have Asperger's in the new episode "Rubber Band Ball." 10 PM on NBC CITY

# Lion King on its way back to Toronto

**THEATRE** The Lion King will roar back to Toronto one year from now.

Disney Theatrical Productions announced that the popular musical will return to the city's Princess of Wales theatre for a five-week run beginning on Apr. 19, 2011.

The Broadway production of The Lion King won multiple Tony Awards.

Julie Taymor, who helmed the show, became the first-ever woman to win the Tony for best director.

The score features music by Elton John and Tim Rice from Disney's animated movie version of The Lion King.

Group tickets for the Toronto show are now on sale, while individual tickets can be purchased at the end of November.

THE ASSOCIATED PRESS

## Entertain in brief

**TV** Gerald Imes, brother of Oscar winner Mo'Nique, said yesterday on The Oprah Winfrey Show that he was 13 when he molested and Mo'Nique. Imes says he decided to appear on Winfrey's show to apologize to Mo'Nique. THE ASSOCIATED PRESS

**New Borat baby in production: Report**
Newlyweds Isla Fisher and Sacha Baron Cohen appear to be expecting a second child, as Fisher stepped out recently in L.A. with a very noticeable baby bump, according to Popsugar. METRO NEWS SERVICES

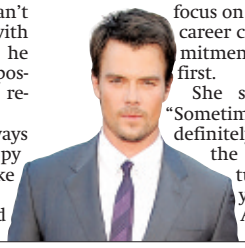
## Celebrity Buzz

# Duhamel wants seven kids

**HAPPY, SLEEPY, DOPEY, STRIPPER, PUBLIC APOLOGY, CAREER REHABILITATION AND DOC** Josh Duhamel wants seven children. The actor can't wait to start a family with wife Fergie because he wants as many kids as possible, femalefirst.co.uk reports.

He said: "I have always loved kids. I am happy with one, but I will take seven."

While the 35-year-old Black Eyed Peas singer also wants children, she has told her husband he must wait because she needs to focus on her career commitments first.



She said: "Sometime definitely in the future, yes. After the tour, because I can't be jumping around with those other boys if I am."

Duhamel, 37, has also revealed the pair have discussed adopting a disadvantaged youngster.

He told America's OK! magazine: "I would love to adopt, especially the more you learn about the kids that are out there that need parents. I am a supporter of adoption."

METRO NEWS SERVICES

# Garner rings in birthday with famous friends

**NO MATT DAMON? LAME PARTY** Jennifer Garner didn't really need candles as she celebrated her 38th birthday on Saturday — given that there was enough star wattage at her party to light up all of Pacific Palisades, people.com reports.

To mark the occasion at Garner and husband Ben Affleck's home, Reese Witherspoon brought her steady companion since February, Hollywood agent Jim Toth, and her children, Ava and Deacon.

Also singing Happy Birthday to Garner: Molly Sims, Jason Bateman with wife Amanda Anka, Tobey Maguire with Jen Meyer, Don Cheadle, Jimmy Kimmel, Jon Favreau and Laurence Fishburne.

METRO NEWS SERVICES

# ABC extends olive branch to Nicollette

**HELL HATH NO FURY LIKE A HOUSEWIFE SCORNED** Executives at ABC are reportedly working on a peace offering intended to convince former Desperate Housewives star Nicollette Sheridan to drop her $20 million lawsuit against the show and its creator, Marc Cherry, according to the Sunday Express.

"Our legal team is working to get both sides together to see if they can help broker a compromise," a source says.

"This doesn't mean that anyone is going to hand Nicollette $20 million to drop her action and walk away but there are various incentives that might be put on the table."

METRO WORLD NEWS

# Vet claims to be Oprah's real dad

**ITS' MAURY TIME** An 84-year-old veteran is desperate for Oprah Winfrey to believe that he is the talk-show host's biological father, according to the New York Post. "I'm her real father. I haven't seen her since she was a kid. She was a little bitty thing," Norh Robinson claims, adding that he's reached out to Winfrey before and offered to take a paternity test. "I never did get no answer," he says.

METRO WORLD NEWS

# Underwood has 'no stress' about wedding details

**BESIDES, THOSE ARE THE THINGS US WEEKLY TAKES CARE OF** With love, life and career going so wonderfully for Carrie Underwood, why get anxious about a little thing like a wedding?

That seems to be the country star's attitude, particularly after winning the coveted entertainer of the year prize for the second straight year at Sunday's 45th Academy of Country Music Awards, people.com reports.

"We're not people who stress about anything," Underwood, 27, told People about planning her nuptials with hockey player Mike Fisher. "We just focus on a few of the main things, and everything is like, whatever."

METRO NEWS SERVICES

# Cibrian heckled at CMAs

**JESSE JAMES: WELCOME TO YOUR FUTURE, PART I** Eddie Cibrian and LeAnn Rimes laughed their way through the orange carpet at Sunday's Academy of Country Music Awards. But it was hardly a laughing matter when he hit the stage, usmagazine.com reports.

When Cibrian, 36, presented an award to Lady Antebellum, people in the press room yelled, "Cheater."

A year ago, Us Weekly broke the news that Rimes, 27, and Cibrian had an affair while shooting a Lifetime movie. A short time later, they announced that their respective marriages — hers to Dean Sheremet; his to Brandi Glanville — were over.

METRO NEWS SERVICES

# Woods ex headed to boob tube?

**HEH. SEE WHAT I DID THERE?** Tiger Woods' admitted mistress Jamie Jungers and Michelle "Bombshell" McGee, the woman behind the Jesse James/Sandra Bullock split, may have found a way to extend their time in the spotlight.

The pair have reportedly been offered a reality TV series called Celebrity Cheaters, according to TMZ.

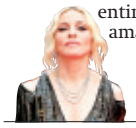
Sources say the show would "catch celebrity cheaters with their pants down." The show hasn't been picked up by a network, but its producer, Bobby Goldstein, insists both women have already agreed to participate.

METRO WORLD NEWS

# Madonna raves about Madonna Glee episode

**SHE THOUGHT THE MUSIC WAS GREAT** While she previously said she'd never heard of the show, Madonna has reportedly seen the episode of Glee devoted to her music — and she's impressed.

"I thought the Madonna episode of Glee was brilliant on every level," she tells Us Weekly. "The dialogue and the entire script was genius. I completely appreciated the layers of irony, especially when all those macho boys sang What It Feels Like For A Girl. The entire cast was amazing."



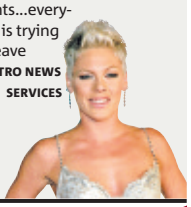
METRO WORLD NEWS

Follow these celebrities on Twitter...

## CelebTweets

**PINK** is trying to avoid chores, **ELIZA DUSHKU** is experiencing new things, and **JUSTIN BIEBER** is hoping he doesn't get stranded.

@Pink Does anyone wanna unpack my bus for me? Ill give you 5 dollars.
@elizadushku I slept with termites last night. For realz. Some dead, some alive & crawling. Major growth, folks.
@justinbieber this is crazy. the cloud from the volcano in iceland is almost here and they are canceling all the flights...everyone is trying to leave



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# Take Five

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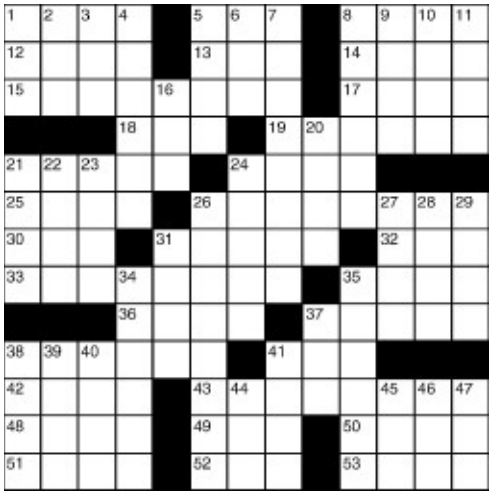


## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | 8 | | | 4 | 2 | |
| 5 | | | | 6 | | 1 | | 9 |
| 6 | | | | 3 | | | | |
| | 8 | 9 | | | 6 | | 7 | |
| | | | | 2 | | | | |
| | 3 | | 9 | | | 6 | 1 | |
| | | | | 8 | | | | 5 |
| 2 | | 5 | | 9 | | | | 1 |
| | 4 | 7 | | | 2 | | 6 | |

**ACROSS**

1 Actor Pitt
5 Pro
8 Stereo counterpart
12 Tittle
13 Citrus beverage
14 First victim
15 Maryland city
17 Highway
18 Allow
19 Librarians' devices
21 Escargot
24"Goldberg Variations" composer
25 Hemingway sobriquet
26 "Sesame Street" lesson
30 Donkey
31George Harrison's "Isn't It —"
32 Listener
33 Icy desserts
35 British art museum
36 Germany's — Mountains
37 Drunkard
38 Elk
41 Resistance measure
42 Privy to
43 People of Lhasa
48 Showroom sample
49 Anger
50 Medley
51 Rams fans?
52 Wray of "King Kong"
53 Vegan's no-no

**DOWN**

1 Lobster eater's need
2 Fish eggs
3 Lawyer (Abbr.)
4 Pale violet
5 Quick
6 Peculiar
7 Does some more tweaking
8 First First Lady
9 Reed instrument
10 Approach
11Automaker Ransom Eli —
16 Moray, for one
20 Sore
21 Hot tubs
22 Poet Ogden
23 Church section
24Sudden overwhelming bombardment
26 Preprandial potation
27 Actor Bridges
28 Dines on
29 Genealogy chart
31 As blind as —
34 Horned jungle beasts
35 War dance accompaniment
37 That woman
38 Broad
39 From the top
40 Apple, e.g.
41 Do as you're told
44 A Gershwin
45 Hearty quaff
46 Actress Vardalos
47 See 37-Across

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 5 | 6 | 7 | 8 | 9 | 4 | 3 | 2 |
| 2 | 3 | 7 | 1 | 5 | 4 | 6 | 8 | 9 |
| 8 | 4 | 9 | 3 | 6 | 2 | 1 | 5 | 7 |
| 9 | 6 | 8 | 2 | 4 | 3 | 5 | 7 | 1 |
| 5 | 7 | 2 | 8 | 1 | 6 | 9 | 4 | 3 |
| 3 | 1 | 4 | 5 | 9 | 7 | 2 | 6 | 8 |
| 4 | 8 | 3 | 9 | 2 | 5 | 7 | 1 | 6 |
| 6 | 2 | 1 | 4 | 7 | 8 | 3 | 9 | 5 |
| 7 | 9 | 5 | 6 | 3 | 1 | 8 | 2 | 4 |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

## Metro Recipe of the Day

### Louisiana Seafood Gumbo

**INGREDIENTS:**

250 g peeled, deveined large shrimp
3 tbsp all-purpose flour
3 tbsp canola oil
1 large onion, chopped
1 red pepper, chopped
4 cloves garlic, minced
3 1/2 cups chicken broth
2 cups okra pods, sliced
2 bay leaves
1 tsp thyme
1/2 tsp cayenne pepper
250 g turkey sausage, sliced
250 g lump crab meat, picked over and flaked
1 cup shucked oysters, undrained

**METHOD:**

1. Rinse shrimp and pat dry; refrigerate. For roux, in heavy Dutch oven, stir together flour and oil until smooth. Cook over moderate heat, stirring constantly, 5 to 7 minutes or until roux is dark brown.
2. Add onion, red pepper and garlic. Cook 8 to 10 minutes or just until vegetables are tender, stirring frequently. Gradually stir in broth. Stir in okra, bay leaves, thyme and cayenne. Bring to boil. Lower heat and simmer, covered, 20 minutes.
3. Add sausage. Simmer, covered, 10 minutes. Add shrimp, crab and oysters. Bring to boil. Lower heat and simmer, uncovered, until shrimp and crab turn opaque. Discard bay leaves. Spoon off fat. Serve with rice.

**SERVES 6**

**rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
MARCH 21-APRIL 20
In recent weeks you have been very much your own boss but as the Sun moves out of your sign you need to be a bit more realistic

**TAURUS** ♉
APRIL 21-MAY 21
No matter how many disappointments you may have suffered in recent weeks better times are just around the corner — you can feel them.

**GEMINI** ♊
MAY 22-JUNE 21
The Sun moves into the most sensitive area of your chart today and because of that there is a danger you could get a bit depressed. It will pass.

**CANCER** ♋
JUNE 22-JULY 22
Don't try to impose your beliefs on other people today because they simply won't listen. They've got their own views after all.

**LEO** ♌
JULY 23-AUG 23
As the Sun crosses the midheaven angle of your chart today you are sure to feel more ambitious than usual. You can accomplish great things.

**VIRGO** ♍
AUG 24-SEPT 22
If you have plans to be on the move over the next few days they are sure to go well. At this time of year you want to break free of restrictions.

**LIBRA** ♎
SEPT 23-OCT 23
Over the next few days you will be confronted with some money-making opportunities. It's up to you whether or not you take the risk.

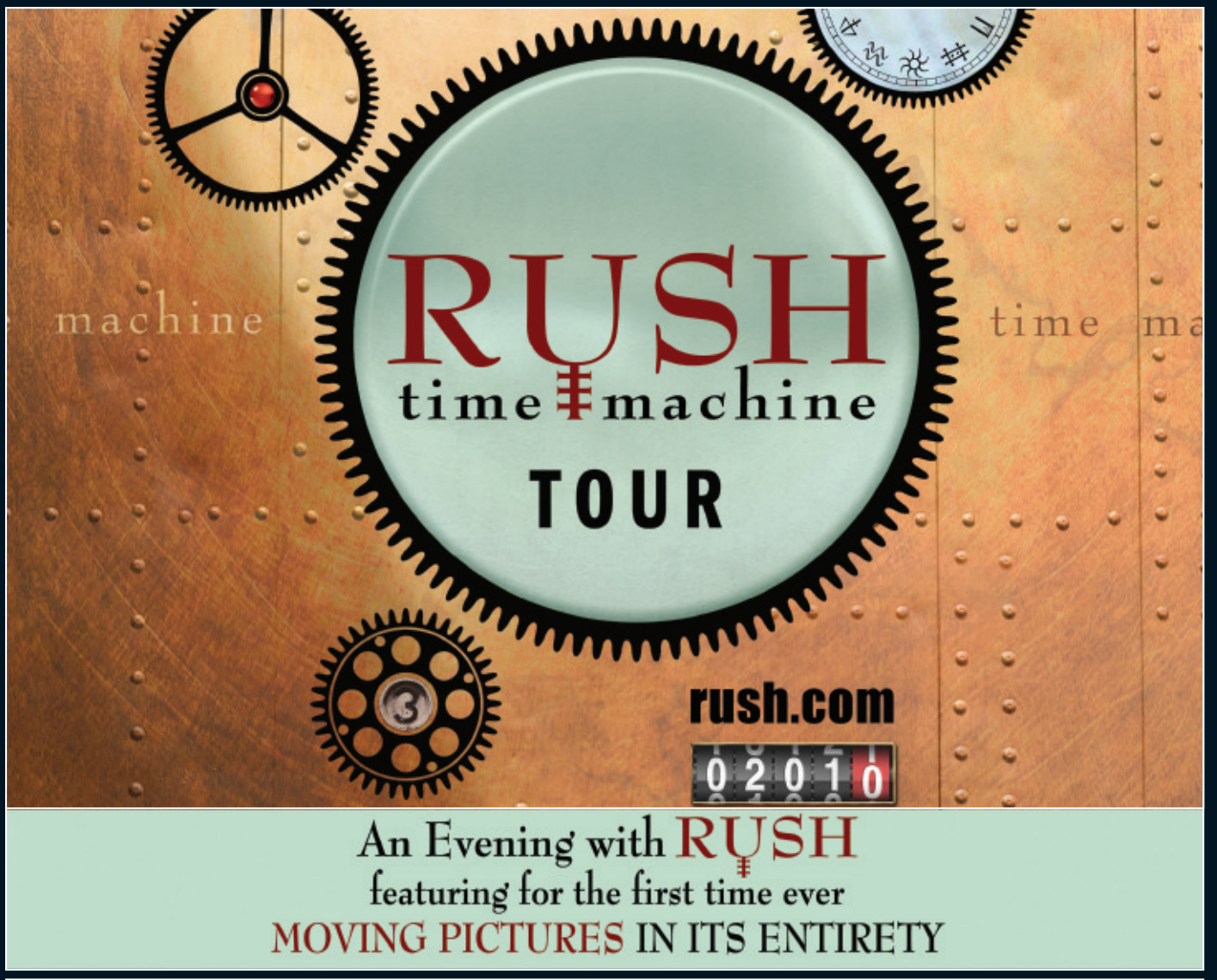
**SCORPIO** ♏
OCT 24-NOV 22
The Sun's entry into your opposite sign marks the halfway point of your solar year, making this the ideal time to look back over the past six months.

**SAGITTARIUS** ♐
NOV 23-DEC 21
Don't feel envious just because someone has done better than you. Not even a Sagittarius can be Number One all the time.

**CAPRICORN** ♑
DEC 22-JAN 20
The past few weeks may have been frustrating but the Sun's change of signs will put a spring in your step and bring a smile to your face.

**AQUARIUS** ♒
JAN 21-FEB 18
Your instincts seem to be telling you that there is bad news on the way but don't jump to conclusions.

**PISCES** ♓
FEB 19-MARCH 20
Today's challenges may not be enjoyable but you are ready for them and determined and you'll approach them in the right frame of mind

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+Taxes & other fees (including service charges): $312

CUBA

**Cayo Coco / Cayo Guillermo**

TRYP Cayo Coco • 4★
All-Inclusive • Standard rm.
May 8 • 1 wk.
+Taxes & other fees (including service charges): $231
Departure tax: 25 CUC cash, paid locally

**Holguin**

Playa Costa Verde • 4★
All-Inclusive • Standard rm.
May 8 – 22 • 1 wk.
+Taxes & other fees (including service charges): $231
Departure tax: 25 CUC cash, paid locally

### $699

DOMINICAN REPUBLIC

**Punta Cana**

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
May 16 • 1 wk.
+Taxes & other fees (including service charges): $312

CUBA

**Varadero**

Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
May 8 – June 21 • 1 wk.
+Taxes & other fees (including service charges): $231
Please add $50 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

**Santa Clara**

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
May 29 – June 19 • 1 wk.
+Taxes & other fees (including service charges): $231
Departure tax: 25 CUC cash, paid locally

### $899

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**Cancun / Riviera Maya**

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All-Inclusive • Junior suite
May 29 • 1 wk.
+Taxes & other fees (including service charges): $293

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
May 9 – 14, 18 – 20 & 23 – 31 • 1 wk.
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